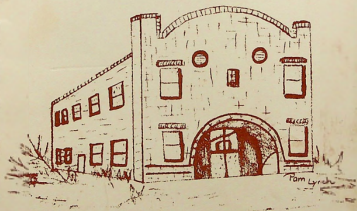


Atlanta Centennial Cookbook



Atlanta, Kansas

1885 - 1985

HISTORY OF ATLANTA

The founding of Atlanta in northeastern Cowley County resulted from the building of the Kansas City and Southern railroad through that section to the southwest. The town site was surveyed in April, 1885, and the first train ran between Beaumont and the state line on August 22, 1885. The land for the town was purchased from William H. Day and 12 year old William Earnest Darlington drove the stake that established the town site. In 1900, the town was incorporated.

The first dwelling in Atlanta was brought in on wheels by George W. Davis from the village of Polo, southwest of Atlanta. In 1885, Atlanta proudly supported a school, a city band, a hotel and various businesses, including hardware, groceries, drugstore, lumber yard and a general store, plus a cemetery and two churches - Methodist Episcopal-South and the Christian Church.

Officials of the city in 1885 included constable, Charles M. Grant; justice of the peace, Robert S. Strother; mayor, Willis Wilson; teacher, May Kinley; band director, George M. Shelley.

DEDICATION

We dedicate this book to all cooks. In our home today, as always, life is centered around our kitchens. It is with this thought in mind that we, the Centennial Cookbook Committee, have compiled these recipes to commemorate the Atlanta Centennial. Some of the recipes are treasured family keepsakes and some are new; however, they all reflect the love of good cooking.

Our thanks to all those who generously contributed their favorite recipes. Without their help, this book would never have been possible.

We hope you will enjoy the many outstanding and treasured recipes on the following pages.

A COLLECTION OF RECIPES

Sponsored By

ATLANTA CENTENNIAL COMMITTEE

Cookbook Chairman.....Peggy Stout

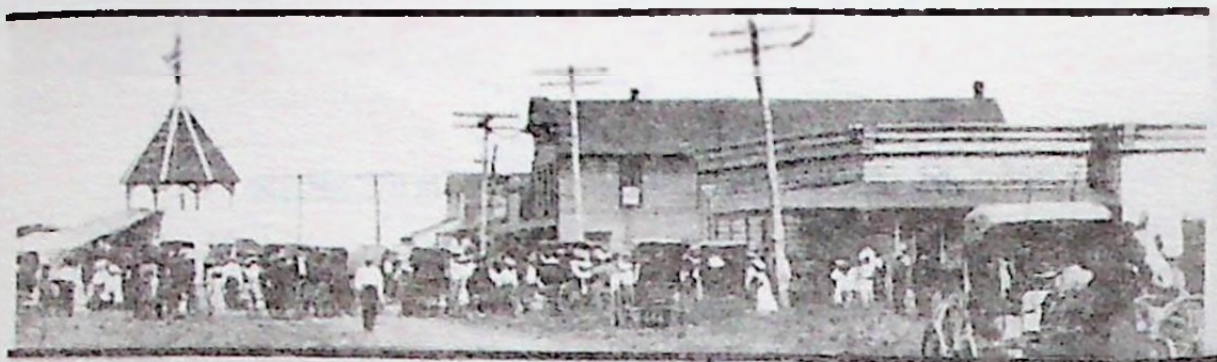
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Pam Lynch

Carolyn Wilson

Betty Ankrom





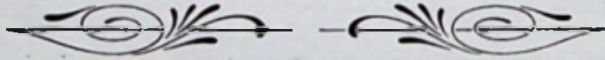
List Your Favorite Recipes Here

Recipes

Page

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Old Family Favorites



ATLANTA CHRISTIAN CHURCH

Organized August 1, 1899 in Atlanta. First minister was P. H. Guy with 27 members at that time. After meeting in a local business house, this church building was dedicated March 18, 1900. Sold to another denomination when current church was finished in 1958.

Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add $\frac{1}{4}$ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt that which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon jello dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jelled fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water - potatoes - beets - carrots - etc. Anything that grows above ground, start off in boiling water - English peas - greens - beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery and lobster black bean or onion with cauliflower - tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb it.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - wrap without worrying about them sticking together.

OLD FAMILY FAVORITES

SPICE PUDDING (This Is An Oldy)

Sauce:

1 tsp. nutmeg	1 Tbsp. oleo
1 tsp. cinnamon	2 1/2 c. hot water
1 c. sugar	

Mix spices with sugar, oleo and hot water. You may mix this in a flat, metal pan or small roaster that can be placed in the oven. Bring to a boil on top of the stove.

Sweet Dumplings:

3/4 c. milk	2 Tbsp. melted oleo
1/2 c. sugar	1/2 tsp. salt
1 1/3 c. flour	1 c. raisins
2 tsp. baking powder	

Mix ingredients together. Drop in boiling sauce and bring to a full boil. Place pan in oven and bake at 400° for 20-25 minutes.

Thelma Lanier

"CANNED STEAK" (1930 Recipe)

1 gal. soft water	1 c. salt
1 c. sugar	

Boil and skim. Put 1 cupful of this brine in each quart jar of steak and process 1 hour (water bath). When opened, pound, flour and fry; make gravy with juice.

Martha Daniels Ward's recipe.

Louise Womacks

SOAP RECIPE

1 qt. fruit jar water (better if it is rain water)	1 can lye, dissolved in gallon crock
	5 1/2 lb. melted tallow or lard

Cool to about same temperature and slowly pour lard or tallow in the cool lye; stir until thick and soap like. Let set and cut in pieces.

Mary Jo Wrampe

GINGERBREAD BOYS (48)

1 1/4 c. lard or short- ening	1 tsp. cinnamon
2 c. sugar	1 tsp. ginger
4 eggs	2 tsp. soda
1/2 c. sorghum	5 c. flour

Mix shortening and sugar. Add eggs and mix. Add sorghum. Sift spices with flour. Add enough to make a stiff dough. May be chilled. Use remaining flour or additional flour for rolling. Roll out approximately 8 each time. Bake 15 minutes at 375°. These will keep well if stored airtight.

My Grandmother Smith's recipe. Over 100 years old.

Farene Withrow

HOE CAKES (Similar To Ash Cakes And Corn Pones)

1 c. white corn meal (preferably water ground)	1/2 tsp. salt 1 Tbsp. shortening, melted boiling water
--	--

Mix corn meal and salt; add melted shortening and enough boiling water to make a nice stiff dough. Form into a couple of thin, long cakes and put in a heavy, warmed, greased pan. Bake in a 375° oven for 25-30 minutes. Serve hot.

Hoe cakes are small pieces of hot bread made of biscuit dough and were originally cooked on the blade of a garden hoe. The cakes were thrown from one hand to the other, slapped on the hoe blade and then turned once to brown the other side over the open fire.

I have heard of my ancestors often talking about the Hoe Cakes and how they cooked them.

MOLASSES PUDDING

1/2 c. butter	1 c. milk
1 c. chopped raisins	3 1/2 c. flour
1 c. molasses	

Cream butter; add raisins, molasses, milk and flour, sifted again with:

1 tsp. soda	1/2 tsp. salt
1/2 tsp. mace	1/2 tsp. cloves
1/2 tsp. cinnamon	

Mix well and turn into greased molds. Steam about 3 or 3 1/2 hours. Serve with favorite hard sauce.

Grace Fabian

SISTER'S RECIPES

(From The Comfort Magazine, March, 1933)

Relish:

1/2 head lettuce,	1 small onion
minced fine	1 sweet pepper, minced
1/2 c. celery	fine
	2 Tbsp. grapefruit juice

Put all in mixing bowl; sprinkle with:

salt and pepper	2 Tbsp. sugar
-----------------	---------------

Pour mayonnaise over all. This is fine with meats.

Cantaloupe Butter:

ripe cantaloupe, cut in	1 c. sugar
small pieces (remove	1/2 lemon grated
peeling and seeds)	

Cook cantaloupe slowly until soft enough to mash to a pulp. For each average size cantaloupe used, add 1 cup sugar and 1/2 lemon, grated. Cook to a thick butter. Cinnamon and allspice to taste may be used instead of lemon.

Green Tomato Pickles:

1 gal. green tomatoes	1 Tbsp. allspice
3 c. brown sugar	1 Tbsp. celery seed
1/2 doz. large onions	1 Tbsp. whole cloves
1/2 lemon	1 Tbsp. ground mustard
3 pods red pepper	3 c. vinegar
1 Tbsp. mustard seed	1 Tbsp. black pepper

Slice tomatoes and onions thin. Sprinkle with 1/2 cup salt. Let stand overnight in a crock or enameled vessel. Tie all spices in a cheesecloth bag. Slice the lemon and chop 2 pepper pods very fine. Drain the tomatoes and onions well. Add all seasonings, except 1 pepper pod, to the vinegar, then add the tomatoes and onions. Cook for 1/2 hour, stirring to prevent burning. Remove spice bag to prevent darkening of the product. Pack in sterilized Kerr jars and garnish with slender strips of red pepper. Seal immediately.

Mock Chicken Salad Sandwich:

bologna (25¢ worth)	pickles
1 can pimentos	

Grind together. Mix with salad dressing. Use as a filling for sandwiches.

NUT BREAD (World War I)

1 c. sugar	1 c. chopped nuts
1 tsp. salt	1 egg
3 c. flour	1 c. milk
2 tsp. baking powder	

Sift dry ingredients. Beat egg and milk; add to flour mixture and stir in nuts. Put mixture in greased bread pan; cover and let rise 1 1/2 hours. Bake at 350° for 45-60 minutes.

Emma Jane McIntosh

APPLE PUDDING

1/3 c. flour	1 egg
3/4 c. sugar	1 c. raw apples
1 1/4 tsp. baking powder	1/2 c. nut meats
1 tsp. salt	1 tsp. vanilla
small amount milk (to thicken)	

Bake at 350°.

Bessie Jones
Hill City

ENGLISH SEED CAKE (Came From England)

1 c. butter	3 c. pastry flour
1 1/2 c. powdered sugar	2 1/2 tsp. baking powder
5 egg yolks and whites plus 2 eggs	1/4 tsp. salt
3/4 c. milk	3 tsp. caraway seed
	2 tsp. rose water
	1/2 tsp. cinnamon extract

Cream butter and sugar; add yolks, beating well. Stir in unbeaten whites and beat 1 minute. Sift flour, baking powder and salt; add alternately with milk. Add caraway seed and cinnamon extract. Bake in a pan in a moderate oven (350°).

Erma Dibbens Sherrill

HOMEMADE CAKE FLOUR

2 c. all-purpose flour minus 2 Tbsp.	2 tsp. baking powder 2 Tbsp. cornstarch
---	--

Mix well.

Pauline Jones

ESPHSON SALT

Make a liquid; use warm water and soak in Espbson Salt.

Paste: Use Espbson Salt, compact. To make a paste, put on cloth. Wrap warm cloth as hot as can stand around place where needed. Then put on a plastic bag over the area to soak. The plastic bag keeps the area warm longer.

This was often used in Earl and Laura Kennedy family.

DRESSING FOR SLAW

4 egg yolks	about 2 tsp. vinegar or
1/2 c. white sugar	lemon juice
pinch of salt	1 Tbsp. butter or cream
	1 1/2 c. milk

Cook in pan over hot water or in pan and keep stirring. Cook and stir over low heat until thickens. Can use a pan of hot water, if so desired. Can add mustard, about 2 teaspoons, wet or dry. Cool in refrigerator and pour over dish of slaw.

This was used for many family dinners, threshers and home table use; was very good.

Laura Kennedy

OYSTER SOUP

1 pt. oysters	6 c. milk
1 Tbsp. onion, finely	1/4 c. butter
chopped	salt and pepper
1/2 c. oyster liquor	chopped parsley

Simmer oysters and onion in liquor until the edges curl. Scald milk; add butter, salt and pepper, then the oysters. Serve at once with a little chopped parsley. Makes 6 servings.

Ollie Kennedy

THICKER MILK

This is a recipe of my mother's as I remember when I was growing up. In the 1930's she often made this recipe often on top of the wood-burning stove. This stove was the heating stove in the kitchen where we ate our meals. The stove kept us warm throughout the house and cooked on it as well, cooking many of our meals.

4 eggs	a little salt
1-2 c. flour	

Mix with your hands in a dry, coarse mixture.

(Today you can buy it in the stores in a dry mixture.)

2-4 c. milk
cream

sugar

Next, add milk, as needed, to make the finished product as smooth as pudding, but maybe a bit lumpy. When finished, add cream as we did in those days due to the cow's milk and cream which was plenty on hand. You add sugar to this pudding and eat.

This was our main dessert of our main meal in those days of a family of 5 people.

Farmers had plenty of eggs, cream, milk, butter and homemade bread in those days. Store bought items were not heard of.

Laura Kennedy

HOMEMADE NOODLES

3 eggs
1 tsp. salt
2 Tbsp. cream

2 c. flour
4 drops yellow food coloring

Beat eggs. Mix all ingredients together to form a stiff dough. Roll out on flour-covered board until thin; cut into desired size.

Cook in boiling water approximately 10 minutes, stirring often. Remove from heat and cover until ready to serve. Delicious.

Alta Gordon

GRAN'MA'S SHOO-FLY PIE (A Poor Man's Dessert In The 1800's)

1 1/2 c. flour
1 c. brown sugar
1/4 c. lard or butter
2 blobs or 1/2 c.
country molasses
1/2 c. hot water

1/2 tsp. soda
1/8 tsp. nutmeg
1/8 tsp. ginger
1/8 tsp. cloves
1/8 tsp. cinnamon
1/4 tsp. salt

Line a pie pan with pastry.

Dissolve the soda in hot water and combine with the molasses.

Make crumbs by combining the flour, sugar

and shortening. Pour first mixture in pastry-lined pan and top with second mixture. Bake in moderately hot oven (350°) until firm.

Vineta Bartch

BOILED FRUIT CAKE (Depression Cake)

1 c. sugar	1 tsp. allspice
1 c. raisins	1 c. water
1/2 c. shortening or lard	1/4 tsp. salt
1 tsp. cloves	1 tsp. soda
1 tsp. nutmeg	1 2/3 c. flour
	1 tsp. baking powder

Mix sugar, raisins, lard, spices, water and salt together in saucepan; boil 5 minutes. Let cool to lukewarm. Then add soda, dissolved in a little warm water. Mix well. Add flour and baking powder; mix well. Bake in greased 8 x 8-inch pan at 350° for 45-50 minutes.

Mattie Hall

EGG BUTTER

2 c. dark syrup	3 eggs, beaten
1 c. sugar	

Bring syrup and sugar to boil. Pour in eggs and stir until eggs cook. Eggs will be stringy. Eat on biscuits.

From Laura Martin's cookbook.

Earlene Scott

SOAP MAKING (Taken From Lewis' Lye Cookbook, 1945)

Pure homemade soap is a wonderful product. It is made with lye and fat or grease which unite to make a neutral soap. Pure soap is an excellent cleanser and contains natural glycerin which is soothing to the skin. Homemade soap is much superior to many commercial soaps because the glycerin in homemade soap has not been extracted and no weight-making fillers have been added.

The quality of homemade soap, as with cooking,

RECIPES OF MATTIE HALL'S LYE COOKBOOK

Hominy:

1 can Lewis Lye 6 qt. corn
6 1/2 gal. water

Dissolve lye in water; add corn. Heat the water, keeping it just below the boiling point until the hulls have started to loosen. Remove the hulls and scum from the water, adding fresh water occasionally during the heating. Finally, stir up the corn well and transfer to clean, cold water. Rub the corn, changing the water several times until the corn is thoroughly cleansed and free from hulls. Placing the corn with fresh water in a churn, if available, will permit the hulls to be removed easier than by hand rubbing. Finally, soak the corn in cold water overnight, then wash 3 or 4 times with hot water.

Pretzels:

Home-prepared Pretzels offer a delicious, economical means of adding variety to the family menu.

Dough:

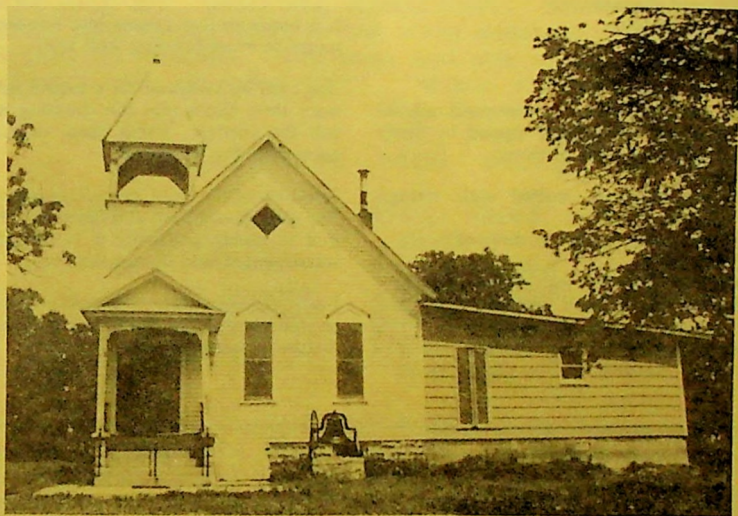
4 1/4 lb. flour 2 tsp. salt
1 oz. fat 1/2 oz. yeast (using water
 for liquid)

Make dough; let dough stand 20 minutes, then form into Pretzels or pretzel sticks. Let dry 30 seconds, then place in a solution of:

2 level Tbsp. Lewis Lye 1 gal. water

First bring solution to a boil. Remove Pretzels as soon as they float; sprinkle with coarse salt. Bake in a 700° oven for 2 1/2 minutes. Place in a drier for 1 hour.

Soups, Salads & Sauces



PRAIRIE VIEW CHURCH

5 miles west, 1 mile north of Atlanta. Services were held as early as 1880's. Outgrew first church and a new building was built in May, 1894, where Prairie View Community Center now stands. On June 27, 1911, the present church building was dedicated, having been built on land donated by Alexander and Rachel Kennedy. Originally Episcopal denomination, now United Methodist.

Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely
chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage
cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and
dipped in chopped parsley
Raw cauliflower

About Potato Salad-

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing; chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Using them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

Soup Accompaniments-

Clear Soups - crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

SOUPS, SALADS & SAUCES

POTATO SOUP

2 slices bacon	3 1/2 c. cold water
1 c. diced potato	1/2 c. tomato juice
1 (1 3/8 oz.) envelope	1/2 c. cooked peas
dry onion soup mix	

In a 3-quart saucepan, fry bacon over medium-low heat until crisp. Drain on paper toweling and crumble. Add potato to bacon grease and brown. Add soup mix, water and tomato juice. Stir to blend, cover and reduce heat to low when moisture forms. Simmer 15 minutes. Add peas and stir until heated. Garnish with crumbled bacon. Makes 4-6 servings.

Alice Helsel

A DIFFERENT TACO SALAD

1 lb. hamburger	1/4 c. sliced, pitted ripe olives
1 (7 1/2 oz.) pkg. macaroni and cheese	6 c. shredded lettuce
2 or 3 tsp. chili powder	1 green pepper, chopped
1 clove garlic, crushed	dash of pepper
2 medium tomatoes, chopped	1/3 c. sliced green onions and tops

Brown hamburger and drain. Add chili powder, garlic and pepper. Cook macaroni and cheese dinner as directed. Place lettuce, green pepper, tomatoes, onions and olives in large bowl; toss with hamburger-macaroni and cheese mixture. Serve immediately or cover and chill. Serve with tortilla chips and dairy sour cream. Serves 8.

Betty Ankrom

MACARONI SALAD

2 c. cooked macaroni	1 c. grated cheese
1 small onion, chopped	2 hard-boiled eggs
1/4 c. celery, chopped	

Can add olives, raw tomatoes and lettuce. Mix macaroni, onion, celery, cheese and

mayonnaise together. Can arrange on plate with lettuce and garnish with slices of eggs and tomatoes.

Merle Wakefield

BROCCOLI AND CAULIFLOWER SALAD

1 head fresh broccoli	1 small can mushrooms
1 head fresh cauliflower	1 c. water chestnuts
1 small can sliced olives	radishes and carrots
1 c. celery, chopped	(optional)

Dressing:

3/4 c. sugar	1 c. salad oil
2 Tbsp. water	3/4 c. vinegar
1/2 tsp. pepper	1 pkg. Italian Good Seasons dressing mix

Koreen Bartel

BROCCOLI-CAULIFLOWER SALAD

1 large head cauliflower	1/3 c. salad oil
1 large bunch broccoli	1/2 c. sugar
1 large bunch onions	1/4 tsp. pepper
1/2 c. Miracle Whip	1/2 tsp. salt
1/4 c. vinegar	1/2 c. crisp bacon, crumbled

Chop the cauliflower, broccoli and onions. Blend the Miracle Whip, vinegar, salad oil, sugar, pepper and salt. Pour over the vegetables; add bacon and stir well.

Velma Skinner

RICE SALAD

2 c. cooked rice	2/3 c. vegetable oil
3/4 c. mayonnaise	(scant)
1 pkg. Good Seasons Italian dressing (dry)	2 c. total any combination carrots, green pepper, celery, onions (cut small)
2 Tbsp. water	
1/4 c. white vinegar	

Combine all ingredients and chill before serving.

Leda Bechtel

VEGETABLE SALAD

- | | |
|-----------------------------|-------------------------|
| 2 cans tomato soup | 1/2 c. grated onion |
| 2 (3 oz.) pkg. cream cheese | 1 green pepper, chopped |
| 2 pkg. lemon jello | 1 c. pecans |
| 1 3/4 c. chopped celery | 1 c. mayonnaise |

Heat soup to boiling point. Stir in cream cheese. Add jello and cool. Add chopped vegetables and mayonnaise; let set. Serves 12.

Vada Holt

VEGETABLE SALAD

- | | |
|--|-------------------------------|
| 1 (No. 2) can white Shoe Peg corn | 1 c. celery, cut fine |
| 1 (No. 2) can small peas | 1 c. onion, cut fine |
| 1 (No. 2) can green French-style beans | 1 c. green pepper, cut fine |
| | 1 large jar pimentos, chopped |

Drain vegetables well and mix all ingredients.

Dressing:

- | | |
|----------------------|----------------------|
| 1/2 c. vegetable oil | 3/4 c. white vinegar |
| 1 c. sugar | |

Heat and pour over vegetables; let stand overnight.

Vada Holt

SPINACH SALAD

- | | |
|---|----------------------|
| 1/2 lb. fresh spinach, washed and dried | 1/4 tsp. salt |
| 4 slices raw bacon | 1 1/2 Tbsp. vinegar |
| 3 Tbsp. brown sugar | 1/4 tsp. dry mustard |
| 1/4 c. sliced green onions | dash of paprika |

With scissors, snip spinach coarsely into salad bowl. Dice the bacon and cook until crisp. Remove the crisped bacon and place on spinach. Reduce heat under bacon fat; add sugar, onions, salt, vinegar, mustard and paprika. Cook just long enough to bring

ingredients to the boiling point, stirring constantly. Pour over spinach; toss lightly until leaves are coated. Serve immediately. Serves 4.

Alice Helsel

CARROT SLAW

- | | |
|--|---|
| 1 lb. green cabbage,
shredded (about 6 c.,
not packed) | 1 medium red Delicious
apple, unpeeled and
diced (1/4 inch) |
| 1 very large carrot,
shredded (about
1 1/2 c., not packed) | 1/2 c. raisins
1/2-3/4 c. mayonnaise |

Toss together and chill. Makes 6 servings.
Edna Hollingsworth

COLESLAW

- | | |
|--------------------------------------|---|
| 1/4 c. canned milk or
sweet cream | 1 1/2 tsp. salt
dash of white or black
pepper |
| 1/4 c. sugar | |
| 1/3 c. vinegar (5% acid) | 1/3 c. salad dressing |

Mix all ingredients together and pour over 3 cups shredded cabbage. Chill and serve.
Clara Chilcott

FRENCH DRESSING

- | | |
|------------------------|--------------------|
| 1 c. sugar | 1 tsp. salt |
| 1 tsp. celery seed | 1 c. oil |
| 1 can tomato soup | 1 tsp. dry mustard |
| 1/8 tsp. garlic powder | 1 tsp. pepper |
| | 1/2 c. vinegar |

Beat all together and store in refrigerator.
Betty Ankrom

BLUE CHEESE DRESSING

- | | |
|--------------------------------|--|
| 1 (8 oz.) pkg. cream
cheese | juice of 1/2 lemon
1 pt. mayonnaise |
| 1/2 small onion, grated | salt to taste |
| 1 small pkg. Blue cheese | garlic to taste |

Soften cream cheese at room temperature. Add onion, lemon juice, mayonnaise, salt and garlic. Blend well. Add Blue cheese, chunked, and mix.
Velma Skinner

CHERRY DELIGHT

- | | |
|-------------------------|-------------------------|
| 1 carton Cool Whip | 1 can crushed pineapple |
| 1 carton cottage cheese | 1 box cherry jello |

Mix dry jello in Cool Whip. Add pineapple and cottage cheese; stir. Chill.
Ruby Molter

STRAWBERRY-BANANA SALAD

- | | |
|--|-------------------------------|
| 1 large pkg. strawberry-banana Jell-O | 1 Tbsp. lemon juice |
| 2 (10 oz.) pkg. frozen sliced strawberries, thawed | 1 c. chopped pecans |
| 5 or 6 bananas, mashed | 1 small can crushed pineapple |
| | 1 pt. sour cream |

Dissolve Jell-O in 2 cups hot water; let cool. Add strawberries, bananas, lemon juice, pecans and pineapple. Pour 1/2 the mixture into a 13 x 9 x 2-inch glass dish. Chill until firm. Spread until firm.
Helen Sandstrum

STRAWBERRY SALAD

- | | |
|---|--|
| 2 pkg. strawberry jello | 1 small can crushed pineapple, drained |
| 1 (16 oz.) pkg. frozen strawberries, thawed | 4 bananas, mashed |
| | 1 carton sour cream |

Prepare jello according to package directions. Combine the first 4 ingredients. Pour 1/2 in serving dish and chill. When firm, spread with sour cream and pour the remaining jello mixture over the top and chill.

Velma Skinner

KNOX GELATINE SALAD

- | | |
|----------------------|-------------------|
| 1 pkg. Knox gelatine | 1/2 c. cold water |
|----------------------|-------------------|

Dissolve gelatine in cold water; let stand for 3 minutes.

1 (No. 2) can pine- apple	1 c. sugar
------------------------------	------------

While gelatine is setting, heat pineapple and sugar to boiling stage. Add gelatine and bring to a boil again. Set aside and cool. When starting to set, beat until real foamy. Add:

1 c. shredded cheese	1 container Cool Whip
----------------------	-----------------------

Add nuts, if desired (black walnuts, pecans, etc.) Keeps well in refrigerator.

Gladys Hahn

MANDARIN ORANGE SALAD DELUXE

2 cans mandarin oranges	1 pkg. instant lemon
1 medium can crushed pineapple	pudding mix
	1 c. milk
2 small pkg. Jell-O	1 small pkg. Dream Whip
1 small can frozen orange juice	

Drain oranges and pineapple, reserving juice. Dissolve Jell-O in 2 cups hot water. Stir in reserved juice, orange juice, pineapple and oranges. Pour mixture into a 9 x 13-inch glass dish or mold. Chill until firm.

Combine pudding mix with milk; mix well. Prepare Dream Whip according to package directions. Combine 2 mixtures; mix well. Spread topping over Jell-O layer. Chill until set.

Helen Sandstrum

CRANBERRY SALAD

2 c. cranberries	1 pkg. raspberry jello
1 c. sugar	1 c. celery, diced
1 c. water	1 c. apples, diced
15 marshmallows	1 c. pecans

Cook cranberries, sugar and water until berries pop open. Add marshmallows and jello; stir until

marshmallows and jello are dissolved. When almost cool, add celery, apples and pecans.

Eileen Bishop

LAYERED CHEESE SALAD

4 c. miniature marsh-
mallows

1/3 c. milk

1 (8 oz.) pkg. cream
cheese, softened

1/2 tsp. vanilla

1 (2 oz.) pkg. dessert
topping mix, whipped

1 (16 oz.) can fruit pie
filling (any flavor)

In 2-quart saucepan, combine marshmallows and milk. Heat over low heat, stirring until smooth. Chill until thickened.

In mixing bowl, combine cream cheese and vanilla. Beat until fluffy. Add marshmallow mixture, blending well. Fold in whipped dessert topping. Pour 1/2 of marshmallow mixture into a 9 x 9-inch square pan. Spread fruit filling evenly over first layer. Top with remaining marshmallow mixture. Chill at least 2 hours. Cut into squares for serving. Makes 9 servings.

Turn salad into dessert by lining pan with graham cracker crust.

Alice Helsel

RHUBARB SALAD

3 c. fresh rhubarb

3/4 c. water

pinch of salt

1 1/2 c. sugar

1 pkg. strawberry gelatin

1 c. diced celery

1/2 c. chopped nuts

Topping:

cream cheese

mayonnaise

Boil rhubarb, water and salt until rhubarb is done. Add sugar and gelatin; cool. Add diced celery and chopped nuts; let set up.

Topping: Mix cream cheese with enough mayonnaise to make of spreading consistency. May be topped with more chopped nuts.

Isabelle Sauer

RED RASPBERRY SALAD

- | | |
|---------------------------------------|------------------------|
| 2 (3 oz.) pkg. rasp-
berry gelatin | 1 c. crushed pineapple |
| 2 pkg. frozen red
raspberries | 1 banana, sliced |
| | 1 pt. sour cream |

Dissolve gelatin in 2 cups hot water. Add frozen raspberries; continue stirring until raspberries are thawed and gelatin begins to congeal. Add crushed pineapple and banana. Place layer of gelatin mixture in mold. Chill until set; cover with layer of sour cream. Place remaining gelatin on top. Chill until set.

Helen Sandstrum

CHERRY MIX SALAD

- | | |
|--------------------------------|---------------------------|
| 1 (3 oz.) pkg. cherry
jello | 1 c. diced celery |
| 1 1/2 c. hot water | 1 c. diced, peeled apples |
| 1 can cherry pie filling | 1/2 c. chopped pecans |

Dissolve jello in hot water. Chill until slightly thickened. Fold in remaining ingredients; pour into a mold. Let set overnight. Bananas or marshmallows may be added.

Pam Gordon

EVELYN'S SALAD

- | | |
|---|--|
| 1 (No. 2) can crushed
pineapple with juice | 1 large container whipped
topping (Cool Whip) |
| 1 large 6 oz. box orange
jello gelatin | 1/2 c. sugar |
| 1 1/2 c. grated mild
cheese | 2 c. cold water |
| | 1 c. chopped pecans |

Combine pineapple and sugar; bring to a boil. Add jello, stirring until dissolved. Add cold water and chill until mixture starts to thicken. Fold in cheese, nuts and whipped topping. Refrigerate in tightly covered container.

Betty Haworth

MY MAN'S SALAD

- | | |
|---------------------------------|---|
| 1 (3 oz.) pkg. orange
Jell-O | 1 c. coconut |
| 1 (9 oz.) carton Cool
Whip | 2 (8 oz.) cans mandarin
oranges, drained |
| 1 (8 oz.) carton sour
cream | 1 (6 oz.) can pineapple
chunks, drained |
| | 1/2 c. chopped pecans |

Blend Jell-O, Cool Whip, sour cream and coconut in large bowl. Add oranges, pineapple and pecans to Cool Whip mixture. Fold gently until all ingredients are blended. Chill.

Helen Sandstrum

BUTTERMILK SALAD

- | | |
|------------------------------------|--|
| 1 small pkg. apricot
jello | 2 c. buttermilk |
| 1 (8 or 9 oz.) carton
Cool Whip | 1 (20 oz.) can crushed
pineapple with juice |

Bring pineapple to a boil in saucepan. Stir in jello and mix until dissolved. Chill until partly set, then stir in buttermilk and chill again until partly set. Then fold in Cool Whip. Refrigerate until firm. Makes a 9 x 13-inch dish.

Edna Hollingsworth

BAR-B-QUE SAUCE

- | | |
|----------------------|-----------------------------|
| 1 c. ketchup | 2 tsp. dry mustard |
| 1 c. water | 1 tsp. Worcestershire sauce |
| 1/2 tsp. garlic salt | 1/4 c. sugar |
| 2 tsp. chili powder | |

Mix ingredients together; simmer for 10 minutes to blend flavors. Use over roast beef, chicken or as a table sauce.

Ruby Ellen Womacks

ITALIAN SPAGHETTI SAUCE

- | | |
|---------------------|-----------------------------|
| 1/2 c. onion slices | 2 cloves garlic, minced |
| 2 Tbsp. salad oil | 2 (8 oz.) cans tomato sauce |
| 2 lb. ground beef | 2 (1 lb.) cans tomatoes |

1 c. water	1/2 tsp. monosodium glutamate
1 (4 oz.) can mushrooms	
1/4 c. parsley	1/4 tsp. thyme
1 tsp. salt	1 bay leaf
1 1/2 tsp. oregano	spaghetti, cooked
	grated Parmesan cheese

Cook onion in hot oil until golden. Add meat and garlic; brown lightly. Add remaining ingredients; simmer, uncovered, for 2 1/2 hours or until thick. Remove bay leaf. Serve sauce on hot, cooked spaghetti. Pass the Parmesan cheese. Serves 6.

Wanda Donley

HERBED TOMATO SAUCE

4 slices bacon, diced	1 Tbsp. Worcestershire sauce
1/2 c. minced onion	
2 Tbsp. flour	1/4 tsp. rosemary leaves, crumbled
1 (1 lb.) can tomatoes, broken up	

In a medium saucepan, saute bacon until crisp. Add onion and saute for 3 minutes. Add flour; cook and stir for 1 minute. Blend in tomatoes, Worcestershire sauce and rosemary. Bring to boiling point. Reduce heat; cover and simmer for 10 minutes. Serve over hot Scotch Eggs. Makes 2 cups sauce.

This takes some time to fix, but your family will enjoy it. Notice it contains no salt.

Wanda Donley

BARBEQUE SAUCE

1/2-3/4 c. catsup	few drops Tabasco sauce
1/2 c. brown sugar	2 Tbsp. molasses
4 Tbsp. vinegar	1 or 2 drops smoke sauce
3 Tbsp. A.1. steak sauce	salt and pepper

Mix and simmer about 15 minutes. Makes 1 cup sauce.

Marla Wilson

Breads, Rolls,

Pies & Pastry



THE ATLANTA HOTEL

Built in 1905 by Clifford B. Price.

Baking Tips

COMMON PROBLEMS

[Common Failures]

Biscuits

- Rough biscuits
- Dry biscuits
- Uneven browning

Breads (yeast)

- Porous bread
- Crust is dark and blisters just under the crust
- Bread does not rise
- Bread is streaked
- Bread bakes unevenly

Cakes

- Cracks and uneven surface

Dry cakes

- Heavy cakes
- Sticky crust
- Coarse grained cake

Fallen cakes

Uneven color

Uneven browning

Cookies

- Uneven browning

Soggy Cookies

- Excessive spreading of cookies

Muffins

- Coarse texture

- Tunnels in muffins, peaks in center and soggy texture

Pies

- Pastry crumbles
- Pastry tough

- Pies do not brown (fruit or custard)

CAUSES OF PROBLEMS

[Causes of Failures]

Insufficient mixing

- Baking in to slow an oven and handling too much

- Cooking in dark surface pan, too high a temperature and rolling the dough too thin

- Over-rising or cooking at too low a temperature

Under-rising

- Over-kneading or using old yeast
- Under-kneading and not kneading evenly
- Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature

- Too much flour, too hot an oven and sometimes from cold oven start

- Too much flour, too little shortening too much baking powder or cooking at too low a temperature

- Too much sugar or baking too short a period
- Too much sugar

- Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature

- Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder

- Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans

- Not mixing well

- Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven

- Cooling cookies in pans instead of racks

- Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature

- Insufficient stirring and cooking at too low a temperature

- Overmixing

Over-mixing flour and shortening

- Using too much water and over-mixing the dough

- Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

BREADS, ROLLS, PIES & PASTRY

BISCUITS

2 c. flour	2/3 c. milk
1/3 c. shortening	1/2 tsp. salt
4 tsp. baking powder	

Mix all ingredients and turn onto a floured board. Knead 5-10 times. Roll to desired thickness. Bake on greased cookie sheet for 12-15 minutes at 450°. Mattie Hall

BLUE RIBBON BISCUITS

2 c. flour	2 tsp. sugar
4 tsp. baking powder	1/2 c. shortening
1/2 tsp. salt	2/3 c. milk
1/2 tsp. cream of tartar	

Blend together flour, baking powder, salt, cream of tartar and sugar; cut in shortening until mixture resembles coarse crumbs. Add milk all at once; stir only until dough follows fork around bowl. Turn out on lightly floured surface; knead gently 30 seconds.

Pat or roll 1/2 inch thick; cut with biscuit cutter or can be cut rectangular with a knife. Bake on ungreased cookie sheet in 450° oven for 10-12 minutes.

Jay Haggard

BEER BREAD

3 c. self-rising flour	1 (12 oz.) can beer
3 Tbsp. sugar	

Mix well. Put in greased loaf pan. Bake at 350° for 1 1/2 hours.

Celia and Eli Stout

PUMPKIN BREAD

3 c. sugar	2/3 c. water
3 1/2 c. flour	1 tsp. cinnamon
1 c. Wesson oil	2 c. pumpkin

4 eggs
1 1/2 tsp. salt

2 tsp. soda
1 tsp. nutmeg

Mix and beat well. Add 1 cup chopped nuts.
Bake at 350° for 1 hour.

May be baked in number 2 cans that have been well sprayed with any spray oil. Makes 4 cans and 1 large loaf. Fill cans and loaf pan 1/2 full.

Ann Haworth

MELT-IN-YOUR-MOUTH PUMPKIN BREAD

1 1/4 c. vegetable oil
2 c. canned pumpkin
2 c. sugar
1 tsp. salt (or less)
1 tsp. cinnamon

5 eggs, slightly beaten
2 pkg. coconut pie filling
(not instant)
1 tsp. soda

Mix oil, eggs and pumpkin in large bowl. Mix dry ingredients together and add to pumpkin mixture. Bake 1 hour at 325°. Makes 2 loaves. Moist and delicious.

One cup chopped nut meats may be added, if desired. This bread freezes well.

Beulah R. Holt

PUMPKIN BREAD

1/2 c. shortening

1 1/2 c. sugar

Cream together. Add:

2 beaten eggs
1/2 c. sour milk
2 c. flour
1 Tbsp. baking powder

1 c. mashed pumpkin
1 tsp. soda (in milk)
1 c. nuts
1 tsp. vanilla
pinch of salt

Optional:

1 tsp. cinnamon

1/2 tsp. nutmeg

Can add for extra flavor. Bake at 350° for 40 minutes. Makes 2 small loaf pan sizes.

This recipe can be used with the same ingredients except the pumpkin; add bananas and omit the cinnamon and nutmeg.

This was a recipe often used in the home of a teacher of whom many knew throughout Cowley County schools, Mrs. Anna Martha Loudenback, who lived in Winfield. She was not only a good cook, but also a teacher in the school system for 33 years before retiring. She cooked for the college students at Southwestern College in Winfield, while her husband was the music teacher at Southwestern College in Winfield.

Pauline Jones

PUMPKIN ROLL

Roll:

3 eggs	2 tsp. cinnamon
1 c. sugar	1 tsp. nutmeg
2/3 c. pumpkin	1 tsp. ginger
3/4 c. flour	1/2 tsp. salt
1 tsp. soda	chopped nuts
1 tsp. baking powder	powdered sugar

Filling:

1 c. powdered sugar	4 Tbsp. margarine
6 oz. cream cheese	1 tsp. vanilla

Beat eggs for 5 minutes. Gradually add sugar. Add pumpkin, flour, soda, baking powder, cinnamon, nutmeg, ginger and salt; mix well together. Line jelly roll pan with waxed paper, then grease and flour the paper. Pour batter in pan and sprinkle with chopped nuts. Bake in a 375° oven for 15 minutes.

Sprinkle powdered sugar on towel and turn cake onto towel. Roll as for jelly roll and let cool. Unroll and spread with filling. Chill and serve with whipped topping.

Christine Whiteman

HOLIDAY BANANA BREAD

1/2 c. shortening	3 bananas, sieved
1 c. sugar	2 c. all-purpose flour
2 eggs, beaten	1 tsp. soda

1/4 c. nuts, chopped
1/4 c. chocolate chips

1/4 c. diced maraschino
cherries

Cream shortening and sugar; add eggs and bananas. Add soda to flour and add to above. Add nuts, chocolate chips and cherries. Bake 45-50 minutes in well-oiled loaf pan at 350°.

Isabelle Sauer

CRACKLIN' CORN BREAD

2 c. corn meal
1 1/2 tsp. baking
powder
1 tsp. baking soda
1 tsp. salt

2 well-beaten eggs
1 c. buttermilk
3/4 c. chopped salt pork
2 Tbsp. drippings

Brown the salt pork and drain off the fat. Save the drippings and the cracklin's. Mix corn meal, baking powder, soda and salt. Combine buttermilk and drippings with the eggs and stir into the corn meal, along with the cracklin's. Place dough in greased baking pan and bake in preheated oven at 400° for 30 minutes. This will make 1 large loaf or 2 small ones.

Ollie Roberts Kennedy

DATE LOAF

1/2 c. butter or oleo
1/2 tsp. salt
1 tsp. soda

1 c. brown sugar, packed
1 1/2 c. oats
1/2 c. coconut

Spread the above ingredients in baking dish, 8 inch square. Cover with the following mixture:

1 lb. dates, chopped
1 c. water

1 c. sugar

Cook together until sugar is dissolved. Bake 25 minutes at 325°.

Edna Hollingsworth

HUSH PUPPIES

3/4 c. corn meal	1/4 c. flour
1 tsp. baking powder	1/4 c. milk
1/4 c. water	1/4 tsp. salt
2 Tbsp. chopped onion	

Sift together flour, corn meal, baking powder and salt. Mix water and milk, then stir into dry ingredients. Let stand for 10 minutes. Drop by teaspoonful into deep fat (365°) and fry to 3-6 minutes or until brown.

Bart Ankrom

INDIAN FRY BREAD

2 c. flour	cooking oil (for deep-fat frying)
1/4 c. instant nonfat dry milk	1 tsp. salt
2 tsp. baking powder	1 Tbsp. lard
	3/4 c. warm water

Stir together flour, dry milk, baking powder and salt. Cut in lard until mixture resembles coarse crumbs. Stir in water. Turn out onto floured surface; knead to a smooth ball, 10-12 strokes. Divide dough into 8 balls. Cover; let rest 10 minutes.

On floured surface, roll each ball to a 6-inch circle. With fingers, make a hole in center of each. Fry one at a time in deep fat (400°) until golden brown, about 1 1/2 minutes, turning once. Drain on paper towel.

Charlene Davis

MASTER MIX

9 c. flour	2 tsp. cream of tartar
1/3 c. baking powder	1/4 c. sugar
1 Tbsp. salt	2 c. shortening

Stir baking powder, salt, cream of tartar and sugar into flour. Sift together 3 times. Cut shortening into mixture; store in covered container at room temperature. Makes 13 cups mix for baking.

Cowley County Farm Bureau group recipe.

QUICK BUTTERSCOTCH ROLLS

- | | |
|---|--------------------------------------|
| 1 pkg. frozen yeast
dinner rolls | 1/2 c. pecans
1/2 c. oleo, melted |
| 4 Tbsp. regular butter-
scotch pudding | 2 Tbsp. milk
1/2 c. brown sugar |

Grease a Bundt pan. Arrange rolls in pan. Sprinkle with pudding. Combine melted oleo, milk, sugar and nuts; pour over rolls. Cover loosely and let set out overnight. Bake at 375° for 30 minutes. Turn out upside down on dish and serve.

Judy Haggard

CINNAMON ROLLS (2 Cans Biscuits)

- | | |
|--------------------|-----------------|
| 1/2 c. brown sugar | 1 tsp. cinnamon |
| 1/4 c. white sugar | 1/3 c. nuts |

Combine.

Glaze:

- | | |
|---------------------|----------------|
| 1 c. powdered sugar | 2 Tbsp. milk |
| 1 Tbsp. butter | 1 tsp. vanilla |

Melt 1/4 butter; roll biscuits in butter, then sugar mixture. Stand on edge in angel food cake pan. Bake at 375° for 25-30 minutes. Remove from oven and spread with glaze while still hot.

Donna Krug

PARKER HOUSE ROLLS

- | | |
|--------------------|---------------|
| 1 c. milk, scalded | 1 tsp. salt |
| 2 Tbsp. shortening | 2 Tbsp. sugar |

Put all the above together before scalding milk. Cool to lukewarm. Add:

- | | |
|-------|---|
| 1 egg | 1 cake yeast, dissolved in
1/4 c. lukewarm water |
|-------|---|

Mix all together, adding 3 1/2 cups flour.

Let rise until double in bulk. Make dinner rolls or loaves of bread.

Christine Whiteman

BREAD

1 c. milk, scalded	1 tsp. salt
2 Tbsp. shortening	2 Tbsp. sugar

Cool to lukewarm and add:

1 egg, beaten	1 cake yeast, dissolved in 1/4 c. lukewarm water
---------------	---

Stir in 3 1/2 cups flour; let rise. Double in bulk. Roll out 1/2 inch in thickness or pinch off in rolls.

Gussie Kennedy

REFRIGERATOR ROLLS

2 pkg. dry yeast	2 tsp. salt
2 c. warm water	6 1/2-7 c. flour
1/2 c. sugar	1 egg
	1/4 c. soft shortening

Dissolve yeast in water; add sugar, salt and 1/2 flour. Beat 2 minutes. Add egg and shortening. Beat in remaining flour; knead until smooth. Make rolls or place in refrigerator, covered, until needed (use within 2 days). Let rolls rise 1 1/2-2 hours. Bake at 400° for 12-15 minutes.

Earlene Nelson

YEAST WAFFLES

1 pkg. dry yeast	1 tsp. salt
2 c. lukewarm water	1/4 c. shortening
2/3 c. dry milk	2 c. flour
2 Tbsp. sugar	2 eggs

Start heating waffle iron. Mix yeast, dry milk, sugar, salt and water. Add shortening, flour and eggs. Pour onto hot waffle iron. Yields 8 servings.

Kay Hall

RYE BREAD

2 pkg. yeast	1/2 c. sugar
2 1/4 c. lukewarm water	1 tsp. salt
2 Tbsp. margarine	1 Tbsp. caraway seed
1 egg, well beaten	2 1/2 c. rye flour
1/2 c. light molasses	6 c. white flour

Dissolve yeast in 1/4 cup water. When dissolved, add the remaining ingredients in order listed. Turn onto floured board and knead until smooth and elastic. Place in a well-greased bowl and let stand at least 2 hours or until double in size. Dough should be punched down, kneaded again and let rise again. Divide and shape dough into 3 loaves. Place in well-greased loaf pans and let rise again until double. Bake at 350° for 40 minutes.

Velma Skinner

KAY'S BREAD

3 pkg. dry yeast	2/3 c. sugar plus 1 tsp.
2 c. lukewarm water	2 eggs
2/3 c. dry milk	approximately 7 c. flour
1 stick oleo	

Combine yeast, dry milk and sugar. Melt oleo and add water. Add to dry mixture. Add eggs. Add flour, enough to handle without being sticky. Put on floured board and work in more flour. Put in greased bowl; let rise in oven 1 1/2 hours. Punch down; let rise 1/2 hour and then make into rolls. If you put in freezer, take out 3 hours before ready to serve and bake as normal. Bake at 350° for 1/2 hour.

Kay Hall

RYE BREAD

1/2 c. rye flour	1 c. boiling water
------------------	--------------------

Mix until smooth and cool.

1/2 c. shortening	1 c. water
1/2 c. dark molasses	1 tsp. salt
1/2 c. brown sugar	3 tsp. caraway seed

Heat the shortening, molasses, brown sugar, water, salt and caraway seed together and cool.

1/2 c. lukewarm water 2 pkg. yeast
1 tsp. sugar

Stir in cup together. When bubbly, add the 2 other mixtures together, then add 6 1/2 cups white flour mix and knead. (This will be a little sticky.) Let rise until double in size, then knead down once and let rise again. Make into 2 loaves and let rise. Bake at 350° for 40 minutes.

Irene Smalley

BLUEBERRY COBLER (Or Other Fruit)

2 c. blueberries 1/2 c. milk
juice from 1/2 lemon 1 c. flour
3 Tbsp. butter or oleo 1 tsp. baking powder
3/4 c. sugar 1 tsp. salt

Grease an 8-inch square pan and put berries on bottom of pan. Sprinkle with lemon juice.

Make batter of butter, sugar, milk, flour and baking powder. Pour over berries.

1 c. sugar 1/4 tsp. salt
1 Tbsp. cornstarch

Mix in a bowl and sprinkle over batter. Pour 1 cup boiling water over all. Bake 1 hour in a 350° oven.

Vineta Bartch

FRUIT COBLER

canned or fresh fruit 1/4 tsp. salt (may omit)
(to cover bottom of 1 tsp. baking powder
9 x 9-inch pan) 1 c. sugar (or less, if
3/4 c. sugar fruit is sweetened)
3 Tbsp. butter 1 Tbsp. cornstarch
1/2 c. milk 2/3 c. boiling water (or
1 c. sifted flour fruit juice)

Cream butter and sugar in bowl; add milk.

Sift flour, baking powder and salt; add to first mixture. Pour over fruit. Mix sugar and cornstarch; sprinkle over top of all. Pour boiling water over top of all. Bake in a 375° oven for 45 minutes. Serve hot or cold. Makes 6-8 servings.

Beulah R. Holt

FRESH FRUIT COBBLER

2 c. peaches or cherries	3/4 c. sugar
(add 1/4-1/2 c.	1/2 c. milk
sugar to tart fruit)	1 c. flour
3 Tbsp. melted oleo	1 tsp. baking powder
	pinch of salt

Grease pan and put fruit on bottom. Make a batter of the remaining ingredients. Pour over fruit.

1 c. sugar	1 c. boiling water
1 Tbsp. cornstarch	

Mix sugar and cornstarch; sprinkle over batter. Add boiling water over all. Bake at 350° for 1 hour.
Thelma Lanier

FRUIT COBBLER

1 c. sugar	1 tsp. baking powder
1 c. flour	1/2 tsp. salt
2 Tbsp. oleo	

Mix until crumbly.

1 egg	1 can fruit (or any fresh fruit with sugar added)
-------	--

Beat egg, then stir it in dry mixture until crumbly. In an 8-inch square baking dish, place fruit; sprinkle crumb mixture over fruit. Bake at 350° for 30 minutes.

Dorothy Shannon

FRUIT COBBLER

3/4 c. sugar	1 tsp. baking powder
3 Tbsp. melted oleo	dash of salt

1/2 c. milk
1 c. flour
1 c. sugar
1 Tbsp. cornstarch

2/3 c. boiling water
fruit (enough to cover
bottom of 9 x 9 x 2-inch
pan)

Put fruit in pan. Mix 3/4 cup sugar, oleo, baking powder, salt, milk and flour. Pour this over fruit. Combine 1 cup sugar and cornstarch; sprinkle over batter. Pour boiling water over all. Bake 45 minutes at 350°.

Melanie Ventle

STRAWBERRY PIE

3 Tbsp. strawberry jello 1/2 c. sugar
2 Tbsp. cornstarch 1 c. water
1 qt. strawberries 1 graham cracker crust

Mix jello, sugar, cornstarch and water in pan; heat to boiling. Boil 2 minutes. Put strawberries in pie shell. Pour mixture in pan over strawberries. Place in refrigerator until set.

Nancy Kennedy

FRESH STRAWBERRY PIE

1 c. sugar 3 Tbsp. cornstarch
1 c. water pinch of salt

Cook above until thick. Remove from heat.

3 Tbsp. strawberry jello 1 1/2 pt. strawberries

Add jello; mix well. Add strawberries, cutting up large ones. Pour into cooled pie crust and let set in refrigerator for about 1 hour before serving. Top with Cool Whip.

Gladys Hahn

STRAWBERRY PIE

1 1/2 c. sugar 1 1/2 c. water
4 Tbsp. cornstarch

Combine in heavy 3-quart saucepan. Bring to

a boil and cook until clear, stirring constantly. Remove from heat.

1 (3 1/2 oz.) box
strawberry jello

2 qt. cut-up or whole
strawberries

Add jello; cool, then stir in strawberries. Pour into baked pie shells. Set in refrigerator for 3-4 hours. Top with whipped cream. Can add more strawberries, if desired. Makes 2 pies.

Koreen Bartel

DIET STRAWBERRY PIE

1 lb. fresh strawberries

1 pkg. sugar-free
strawberry jello

1 1/2 Tbsp. cornstarch

1 1/2 c. water

1 pkg. frozen Cool Whip,
thawed

1 (8-inch) pie shell
(prepared and cooled)

Mix jello and cornstarch together in saucepan. Add water; bring to a boil until it starts to thicken. Take off heat and cool.

Clean and stem strawberries; reserve 6 to decorate top of pie. Place 1/2 of strawberries in pie shell. Add 1/2 jello mixture. Add rest of strawberries and jello mixture. Chill before serving. Spread Cool Whip on top of pie. Decorate with sliced strawberries.

Pam Lynch

SOUR CREAM DATE PIE

1 c. sour cream
1 c. chopped dates
1 c. sugar

1 1/2 tsp. cinnamon
1/4 tsp. allspice
yolks of 3 eggs

Mix together all ingredients; pour into pie pastry until custard is set. Cool. Top with egg white meringue.

Eileen Bishop

PIZZA FRUIT PIE

1 pkg. sugar cookie dough

Grease pizza pan well. Slice dough, 1/8 inch thick and cover bottom. Bake at 375° for 12 minutes; cool.

8 oz. cream cheese

1/2 tsp. vanilla

1/3 c. sugar

Soften cheese and mix sugar with vanilla; spread over crust. Decorate with any fresh fruit or canned. No frozen fruit.

Bananas, dipped in lemon juice, green grapes, mandarin oranges, peaches, Queen Anne cherries, blueberries and strawberries can be used.

1/4 c. peach preserves

1 Tbsp. water

Brush fruit and chill.

Kay Hall

NEVER-FAIL MERINGUE

1 Tbsp. cornstarch

1/2 c. boiling water

1 1/2 Tbsp. water

Dissolve cornstarch in water; add boiling water and cook until clear. Set aside and cool.

3 egg whites

6 Tbsp. sugar

Beat egg whites until they stand in soft peaks; beat in cooled cornstarch paste. Continue beating until firmer peaks are formed, then gradually add sugar. Add flavoring; beat until you have firm peaks. Pile meringue on pie and be sure to seal edges of crust with meringue so it won't shrink.

This makes a tender meringue that doesn't weep and still holds up the next day.

Marie Hall

SOUTHERN PECAN PIE

3 eggs

1 c. sugar

1271-5

-33-

1 c. dark corn syrup
1/3 c. melted butter or
oleo

1 c. pecan halves
1 (9-inch) unbaked pastry
shell

Beat eggs thoroughly with sugar, dash of salt, corn syrup and melted butter; add pecans and pour in unbaked pie shell. Bake in moderate oven (350°) for 50 minutes or until knife inserted in filling comes out clean. Cool.

Vineta Bartch

FUDGE SUNDAE PIE

1/4 c. corn syrup
2 Tbsp. brown sugar

3 Tbsp. oleo
2 1/2 c. Rice Krispies
cereal

First Step: Combine syrup, brown sugar and oleo in medium saucepan. Cook over low heat, stirring occasionally until it begins to boil. Remove from heat. Add cereal, stirring until coated. Press in buttered 9-inch pie pan evenly to form a pie crust.

Second Step:

1/4 c. peanut butter
1/4 c. fudge sauce (for ice cream)

3 Tbsp. corn syrup

Stir together peanut butter, fudge sauce and corn syrup; spread 1/2 of this mixture over the pie crust. Freeze until firm.

Third Step: Soften 1 quart vanilla ice cream slightly. Spoon into frozen pie crust evenly. Return to freezer until firm. Warm the remaining peanut butter-fudge mixture and drizzle over top of pie. Let stand at room temperature for 10 minutes, then cut and serve.

Tina Chilcott

PECAN PIE

3 eggs
1/2 c. sugar
1 c. white syrup
1/8 tsp. salt

1 tsp. vanilla
1/4 c. melted oleo
1 c. pecans

Mix all together and pour into unbaked pastry shell. Bake 50-60 minutes in a 350° oven.

Marilyn Chilcott

CUSTARD PIE

3 eggs
pinch of salt
about 1/2 c. sugar

1 1/2 c. milk
nutmeg (a little to sprinkle
over top)
1/4 tsp. vanilla

Bake slow in a 300°-325° oven for 1/2 hour.

Laura Kennedy

RHUBARB CREAM PIE

2 Tbsp. butter, melted
2 c. sliced rhubarb

1 c. sugar

Melt butter; add rhubarb and sugar. Cook until tender.

1/4 c. sugar
2 Tbsp. cornstarch
2 egg yolks, beaten

1/4 c. light cream
1/8 tsp. salt

Combine. Add to rhubarb and cook until thick. Cool; pour into an 8-inch baked pie shell. Top with meringue and brown.

Irene Smalley

PECAN PIE

1 c. white syrup
1/8 tsp. salt
3 eggs, beaten
1 c. whole pieces pecans

1 Tbsp. butter or oleo
1/2 c. sugar
1 tsp. vanilla

Mix all together and pour into unbaked 9-inch pie shell. Bake 1 hour or until knife slips out clean at 300°.

Betty Haworth

PUMPKIN PECAN PIE

3 eggs, beaten	1 tsp. vanilla
1 c. pumpkin	1/2 tsp. cinnamon
1 c. sugar	1/4 tsp. salt
1/2 c. dark syrup	1 c. pecans

Mix well; pour into pie shell. Bake at 350° until done.

From the kitchen of Nancy Jane Chenoweth.
Louise Womacks

PUMPKIN PECAN PIE

1 (9-inch) unbaked pie shell	1 c. canned pumpkin
3 eggs	1 c. sugar
1/2 c. light corn syrup	1 tsp. vanilla
1 c. pecans (may be chopped)	1/4 tsp. salt

Combine slightly beaten eggs, pumpkin and all other ingredients except pecans. Fill unbaked pie shell. Sprinkle nuts on top. Bake 40 minutes at 350° or until knife inserted in center comes out clean. Cut in small pieces as it is quite rich.

Beulah R. Holt

SKILLET PIES

2 3/4 c. flour	2 tsp. salt
1/2 c. oil	1/2 c. milk

Mix for pie dough. Roll out a small amount for a 6-inch circle.

Take 1 can pie filling; use 1 tablespoon of filling on half of the circle of dough. Fold the other half over and crimp the edges. Fry one at a time in hot oil (375°). Turn when brown. Remove and drain on paper towel.

Ruby Molter

RHUBARB PIE

pastry for 2 pie crusts	1 c. sugar
1 1/2 lb. rhubarb	1/2 tsp. salt
juice of 1 orange	1 1/2 Tbsp. quick-cooking tapioca

Wash rhubarb and slice. Add orange juice. Mix other ingredients thoroughly and add to rhubarb. Place in unbaked pastry shell. Cover with lattice work crust. Bake at 450° for 10 minutes; lower heat to 350° and bake 40 more minutes.

Zona Stout

NO-WEEP MERINGUE

1/2 c. cold water	2 Tbsp. sugar
1 Tbsp. cornstarch	3 egg whites

Mix water, cornstarch and sugar, then cook over low heat until thick; let cool.

Beat egg whites until stiff. Pour in cooled mixture and beat 2 minutes. Put on top of pie. Bake at 325° until lightly brown.

Nancy Pim

NEVER-FAIL PIE CRUST

3 c. flour	1 tsp. vinegar
1 c. lard	5 Tbsp. water
1 egg (unbeaten)	1 tsp. salt

Cut flour and lard together into coarse mixture. Beat remaining ingredients with fork. Add to flour mixture and stir. Divide and roll on lightly floured surface. Fit into pie pans. Makes 4 crusts.

Wanda Donley

FLAKY PASTRY

4 c. all-purpose flour	2 tsp. salt
1 3/4 c. vegetable shortening	1 Tbsp. vinegar
1 Tbsp. sugar	1 egg

With a fork, mix first 4 ingredients. In a small bowl, beat 1/2 cup water and remaining ingredients together. Add to the first mixture and blend. With hands, mold dough in a ball and chill at least 15 minutes. Makes 2 double-crusts (9 inches) and one 9-inch single. Dough may be frozen.

Louise Womacks

RICH PIE CRUST

1 1/2 c. flour
pinch of salt
2-4 Tbsp. water

1/4 c. shortening
1/4 c. butter

Blend flour, salt and shortening until the mixture becomes crumbly, almost the consistency of corn meal. Add water, a bit at a time, adding only enough so that the particles can be pressed between the fingers. Roll dough thin, but not too thin. Pinch edges on crust.

Pauline Kennedy Jones

FLAKY PIE CRUST

2 1/2 c. sifted flour
1 tsp. salt

3/4 c. Crisco
1/3 c. cold water

Combine flour and salt; cut in Crisco until it is coarse like crumbs. Add water, tossing lightly with a fork until all of it is dampened. Press mixture into a ball; roll out to fit pans, trim edges and flute.

Donna Krug

** EXTRA RECIPE **

Vegetables, Pickles & Relishes



TIMBER CREEK CHURCH

5 miles east, $1\frac{1}{2}$ miles north of Atlanta. Services held here since 1907, first Methodist, then Church of God. Became a Friends church in 1931. School-house was first meeting house (at rear of church in picture) followed by church building in 1943, erected on land donated by Orville Whiteman. A parsonage is on the south of the church.

How To Can Vegetables

POINTS ON PACKING

Raw pack. - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted gage opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open

petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

VEGETABLES, PICKLES & RELISHES

ZUCCHINI FRITTERS

3/4 c. flour	about 3/4 c. flour
1 tsp. salt	salt and pepper to taste
1 c. beer	2 bunches parsley sprigs
5 small zucchini	(for garnish; optional)
about 1 1/2 c. salad oil	

Combine flour and salt; add beer and whisk until smooth. Let stand at room temperature 3 hours.

Trim ends of zucchini; cut into strips. Heat oil to 385°. Dredge strips in flour, salt and pepper mixture; shake to remove excess. Stir batter; add zucchini, a few strips at a time. Fry until deep, golden brown. Remove and drain on paper towels. Garnish with parsley. Serve immediately.

Peggy Stout

GOURMET POTATOES

6 medium potatoes	1/2 c. onion, chopped
2 c. Cheddar cheese	1/2 c. green pepper,
1/4 c. oleo	chopped
1 1/2 c. cream (soured)	1/2 c. pimentos, cut up
	salt and pepper to taste

Cook potatoes in skins. When cool, peel and shred coarsely.

Melt together in pan the remaining ingredients; cool. Mix potatoes and sauce; put in greased casserole. Bake at 350° for 30 minutes.

Melanie Ventle

ZUCCHINI CASSEROLE

1 large zucchini	1 large jar Ragu
2 eggs, beaten	1 (16 oz.) pkg. Mozzarella
flour	cheese
dash of salt and pepper	oil (for frying)

Slice zucchini in 1/2-inch slices. Dip in egg, then in flour with salt and pepper; fry until brown. Drain on paper towels; lay in bottom of baking dish.

Pour Ragu over and top with Mozzarella cheese. Bake at 350° for 20 minutes.

Peggy Stout

BROCCOLI CASSEROLE

- | | |
|---|--|
| 1 (10 oz.) pkg. chopped broccoli, slightly thawed | 1/2 c. chopped celery |
| 1 c. cooked rice | 1 can cream of chicken soup or mushroom soup |
| 1 (5 oz.) can water chestnuts, sliced | 1/2 c. milk |
| 1/4 c. chopped onion or | 1 (8 oz.) jar Cheez Whiz |
| 3 Tbsp. instant minced onion | 3 Tbsp. butter or oleo |

Mix first 5 items. Mix remaining ingredients. Combine the 2 mixtures. Bake 40-45 minutes at 350° in slightly greased dish.

Celia and Eli Stout

BROCCOLI RICE CASSEROLE

- | | |
|------------------------|------------------------------|
| 2 Tbsp. onion | 1 can cream of mushroom soup |
| 2 Tbsp. oleo | 1/2 c. milk |
| 1 c. cooked rice | 1/2 lb. grated cheese |
| 1 box chopped broccoli | |

Cook onion in oleo; add other ingredients and pour into greased casserole dish. Bake for 30 minutes in a 350° oven.

Marie Hall

GREEN BEANS A LA BACON AND MUSHROOMS

- | | |
|---|---|
| 3 slices bacon, cut into 1-inch pieces | 1 Tbsp. sugar |
| 1 (2 oz.) can sliced, drained mushrooms | 2 tsp. instant minced onion |
| juice of 1/2 fresh lemon | 1/2 tsp. salt |
| | 1 (10 oz.) pkg. green beans or 1 (16 oz.) can green beans |

Cook bacon until crisp; remove. Add mushrooms, lemon juice, sugar, onion and salt to drippings. Stir in drained green beans and heat. Garnish with bacon.

Shirley Douglas

OKRA CASSEROLE

- | | |
|--------------------------|-----------------|
| 1 qt. okra, sliced | 1 chopped onion |
| 2/3 c. instant rice | salt and pepper |
| 1 qt. tomatoes or 4 or 5 | 1/2 c. water |
| sliced fresh tomatoes | grated cheese |

Slice, flour and brown okra; set aside. Cover bottom of large greased casserole dish with 1/2 rice, layer of okra, sliced tomatoes and onion. Add another layer of rice, tomatoes, onion and okra. Salt and pepper to taste. Add water; top with grated Cheddar cheese. Bake in moderate oven (350°) for 30-45 minutes or until cheese is melted and browned.

In microwave, cook 15 minutes, covered, then 2 minutes, uncovered.

Nita McConnell

SWEET-SOUR CABBAGE

- | | |
|-----------------------|-----------------------|
| 5 c. shredded cabbage | 1/2 c. water |
| 4 slices bacon, diced | 1/3 c. vinegar |
| 2 Tbsp. brown sugar | salt and pepper |
| 2 Tbsp. flour | 1 small onion, sliced |

Cook cabbage and onion with salt and pepper, as desired, for about 7 minutes.

Mix brown sugar and flour; slowly add water and vinegar. Fry bacon and dice.

When cabbage has cooked, add bacon and flour-sugar-vinegar mixture; heat through. The bacon grease can be added, if desired.

Vada Holt

SPANISH STRING BEANS

- | | |
|-------------------------|------------------------|
| 2 lb. green beans | 1 clove garlic |
| 2 c. cooked tomatoes | 1 large onion, chopped |
| 1 green pepper, chopped | 2 Tbsp. bacon fat |
| 1/2 c. tomato catsup | salt |

Wash beans; remove strings. Cut beans in small pieces. Brown onion and garlic in bacon fat. Add beans; cover closely. Cook slowly until dry.

Add tomatoes, catsup and green pepper; season to taste. Cover; cook slowly until tender.

Zona Stout

BOILED RED CABBAGE (Mennonite Recipe)

1 small head red cabbage,	1/2 c. vinegar
thinly sliced	3/4 c. red tart jelly
1 or 2 small tart apples	1/2 c. water
1 1/2 Tbsp. butter	1/2 tsp. salt

Melt butter in 2-quart pan. Add other ingredients. Cover and simmer until cabbage is tender, about 1 hour. May be prepared a day ahead and warmed over.

Thelma Lanier

LIME SWEET PICKLES

14 lb. cucumbers, sliced	6 c. hydrated lime
3 gal. water	

Let stand 24 hours. Drain and wash through 2 water; let stand in clear water to cover for 3 hours. Drain.

1 gal. white vinegar	2 tsp. celery seed
9 lb. sugar	2 sticks cinnamon bark,
2 tsp. salt	broken into pieces
	1/2 box pickling spices

Add; leave overnight. Cook until clear and seal in jars.

Betty Holt

EASY SWEET PICKLES

Buy 1 quart sliced dill pickles (a cheaper brand will do). Open and drain liquid by turning upside down in sink. Fill jar with clear water and drain again. Fill jar again and let set a few moments before draining again.

2/3 c. vinegar	1 tsp. celery seed
2 1/2-3 c. sugar (depending on taste)	

Boil; pour over well-drained, sliced pickles. Let set until cool. Place lid on jar and set in refrigerator for 2 or 3 days. Store leftover liquid. When all the slices are used, the leftover vinegar and liquid left in the jar may be used to fix another jar.

Thelma Lanier

CANDIED SWEET PICKLES

6 Tbsp. salt	boiling water
1/2 gal. sliced pickles	1 heaping Tbsp. alum

Add salt to pickles and cover with boiling water. Let it set for 5 days, then put on fresh boiling water. Leave set 24 hours. Drain and add alum. Cover with boiling water; let stand for 3 days. Drain and pour on the following vinegar mixture, cooked with:

spice	1 stick cinnamon
2 c. vinegar	1 Tbsp. whole cloves
3 c. sugar	1 Tbsp. celery seed

Heat for 4 days and pour over pickles each morning; on last day, seal. Ready to use in a week.
Gussie Kennedy

LAZY HOUSEWIFE PICKLES

cucumbers, cut into	head of dill
quarters lengthwise	1/2 tsp. mustard seed
a couple slices onion	1/2 tsp. celery seed
stalk of celery	1/2 tsp. turmeric

Use for quart jar.

4 c. sugar	4 c. vinegar
1/2 c. pickling salt	2 c. water

Boil; pour over pickles in jar. Seal; process 10 minutes in a hot water bath.

Koreen Bartel

ZUCCHINI RELISH

5 c. grated zucchini	2 1/2 tsp. salt
2 c. onions	2 peppers, grated

3 c. sugar
1 1/8 c. vinegar
1 tsp. celery seed

1 tsp. pepper
1 tsp. turmeric
1/2 tsp. mustard seed

Mix zucchini, onions and salt; let stand overnight. Drain. Add rest of ingredients; cook 20 minutes. Can while hot.

R. Lynch

THANK GOD FOR DIRTY DISHES

Thank God for dirty dishes;
They have a tale to tell.
While others go hungry;
We're eating very well.
With home and health and happiness,
I shouldn't want to fuss.
For by this stack of evidence,
God's been very good to us.

Pauline Jones

** EXTRA RECIPES **

Main Dishes



ATLANTA METHODIST CHURCH

The first church in Atlanta, originally called Methodist Episcopal-South. Succeeded by Methodist Church and new building dedicated November 11, 1900. Later burned and another was built.

Meat Cooking Chart

ROASTING	WEIGHT	MINUTES PER LB.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3 - 7 lbs.	30 -40	325	175 F
Leg	5 lbs.	25 -30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 50	325	170 F
Boned and rolled Shoulder	3 - 6 lbs.	60	325	170 F
BEEF				
Standing ribs - rare	3 -7 lbs.	25	325	135 F
-medium	3 -7 lbs.	30	325	165 F
-well done	3 -7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder - well done	4 -10 lbs.	40	325	190 F
Shoulder - boned and rolled	3 -6 lbs.	40	325	182 F
Leg - medium	5 -10 lbs.	40	325	175 F
Leg - well done	3 -6 lbs.	40 - 50	325	182 F
Crown - well done	3 -6 lbs.	40 -50	325	182 F
SMOKED PORK				
Shoulder and picnic hams	5	30 -40	325	170 F
	8	30 -40	325	175 F
Boneless butt	2	40	325	180 F
	4	25	325 F	170 F
Ham	12 -20	16 -18	325 F	170 F
	Under 10 lbs	20	325	175 F
	Half hams	25	325	170 F
VEAL				
Loin	4 -6 lbs.	35	325 F	175 F
Leg	5 -10 lbs.	35	325	175 F
Boneless shoulder	4 -10 lbs.	45	325F	175 F
POULTRY				
Chicken	3 -5 lbs.	40	325F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 -10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 -10 lbs.	30	325	175 F

ELEPHANT STEW

2 rabbits (optional)

Very good served with homemade ice cream and apricot pie.

Curt Bechtel

1 Tbsp. pepper
1/2 c. wine vinegar
2 garlic cloves, crushed
1 1/2 tsp. parsley flakes
1/3 c. lemon juice

Peggy Stout

2 Tbsp. oleo
1 pkg. dry yeast
2 c. flour
1 tsp. salt
1/4 tsp. soda

Kay Hall

SALISBURY STEAK

3 slices bread	1 1/2 lb. hamburger
2 eggs	onion salt
3/4 c. milk	1 can mushroom soup
	1/2 can milk

Beat eggs and milk. Tear bread into mixture and let stand. Mix hamburger and onion salt together; add egg and bread mixture. Make into patties and brown on both sides. Place in baking dish. Mix soup and milk together. Pour over patties. Bake for 30-45 minutes at 350°.

Nita McConnell

SUPPER IN A SKILLET

1/2 round steak or	1/2 tsp. garlic salt
2 large Minute steaks	salt and pepper to taste
1 pkg. frozen mixed	1 1/2-2 c. hot water
vegetables	1 c. cooked rice
1 can cream of asparagus soup	

Cut meat in strips and brown in skillet. Drain fat and add hot water. Cover with lid and continue to cook on high heat for approximately 10 minutes. Add more water, if needed, to keep meat mostly covered. When meat appears to be cooked, add frozen vegetables and cook until tender. Then add asparagus soup, garlic salt, salt and pepper. Reduce heat and cook until soup is thoroughly warm. Remove from range and serve over hot rice.

Kay Couch

PEPPER STEAK

1 lb. round or flank	1 c. canned beef broth
steak	1 c. drained, canned
1 tsp. salt	tomatoes
1/4 tsp. pepper	1 1/2 Tbsp. cornstarch
2 Tbsp. onion	2 tsp. soy sauce
1 clove garlic, minced	1/4 c. water
2 green peppers, diced or in strips	

Cut meat into 1-inch strips; salt. Brown meat and onion in oil. Add peppers and beef broth.

Cover and cook 30 minutes. Add tomatoes and simmer 5 more minutes.

Combine cornstarch, soy sauce and water; add to meat mixture and cook 5 minutes, stirring constantly. Makes 4 servings.

Jennifer Haggard

BAKING POWDER MEAT BALLS

3 slices soft white bread	1 tsp. poultry seasoning
1 lb. ground beef	2 cans mushroom or celery soup
2/3 c. milk	
1 Tbsp. minced onion	salt and pepper to taste
2 tsp. baking powder	

Break bread in small pieces; add milk and blend. Add meat, onion, seasonings and baking powder; blend well. Form into balls; brown well in small amount of fat. Place in casserole evenly with soup. Cover; bake at 350° for 45 minutes. Enjoy!

Isabelle Sauer

OVEN STEW

1 1/2 lb. lean beef, cut in 1 1/2-inch cubes	4 carrots, cut into fourths
2 tsp. salt	2 onions, cut in 1/2-inch slices
1/2 tsp. basil leaves or 1 small bay leaf	1 (10 1/2 oz.) can tomato soup
1/4 tsp. pepper	1/2 soup can water
2 stalks celery, cut in diagonal pieces (not too small)	3 potatoes, peeled and cubed into large pieces
1 pkg. frozen peas (can be added, if desired)	

Place beef (do not brown) in large Dutch oven. Sprinkle with seasonings. Top with celery, carrots, onions and potatoes. Combine soup and water. Pour over meat and vegetables, coating all pieces. Cover tightly and bake in slow oven (300°) for 3 or even 4 hours. Makes 5 large servings. Serve with slaw and crusty bread.

Isabelle Sauer

HAMBURGER STROGANOFF

1/2 c. minced onion	1 tsp. salt
1 clove garlic, minced	1/4 tsp. pepper
1/4 c. oleo	1 can sliced mushrooms
1 lb. ground beef	1 can cream of chicken soup
2 Tbsp. flour	1 c. sour cream

Saute onion and garlic in oleo over medium heat. Stir in meat and brown. Stir in flour, salt, pepper and mushrooms. Cook 5 minutes; stir in soup. Simmer, uncovered, for 10 minutes. When ready to serve, stir in sour cream and serve with noodles or rice.

Marilyn Chilcott

BAKED BEEF AND RICE

1 lb. ground beef	1/2 tsp. pepper
1 c. rice	1 tsp. paprika
1 small onion, chopped	2 c. tomato juice
2 Tbsp. lard or drippings	1 1/2 c. boiling water
1 tsp. salt	1/2 c. grated cheese

Cook ground beef, rice and chopped onion in drippings until lightly browned. Season. Add tomato juice and boiling water. Place in 1 1/2-quart casserole; cover and bake in a 300° oven for 1 hour. Uncover and sprinkle with cheese. Bake 10 minutes until cheese is melted.

Zona Stout

SPANISH RICE

1 lb. hamburger	1 tsp. Accent
1/4 c. chopped onion	

Brown hamburger and onion; add Accent.

1 c. rice	2 c. water (with salt)
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Cook rice in water with salt. Combine rice and hamburger in skillet with:

1/2 c. catsup

1/3 c. brown sugar

Heat thoroughly. Serves 4.

Lula Foote

ROUND STEAK SAUERBRATEN

1 1/2 lb. round steak

2 Tbsp. brown sugar

1 Tbsp. fat

1/2 tsp. salt

1/4 c. flour

1/4 tsp. pepper

2 c. water

1/4 tsp. ginger

1 Tbsp. instant minced
onion

1 tsp. Worcestershire
sauce

2 Tbsp. vinegar

1 bay leaf

Cut meat into 1-inch squares; brown on all sides in hot fat. Remove meat from skillet. Add flour and water to drippings; heat to boiling, stirring constantly. Stir in meat and remaining ingredients; cover and simmer for 1 hour and 30 minutes, stirring occasionally. Remove bay leaf. Serve meat over hot, buttered noodles. Serves 6.

Dorothy Donley

SURPRISE MEAT LOAF

1/2 c. tomato juice

1 tsp. pepper

1 egg

2 lb. ground beef

1/2 c. bread crumbs

2 hard-cooked eggs

2 tsp. salt

2 strips bacon

Put the first 6 ingredients listed into a large bowl; mix. Add the ground beef; blend together well. Put 1/2 meat mixture into rectangle pan (or any baking dish large enough). Shape meat into oblong patty; make 2 hollows in mixture and fit hard-cooked eggs into hollows. Cover eggs and patty with rest of meat mix. Cover loaf with bacon. Bake at 350° for 1 hour.

Janell Haggard

SPAGHETTI AND MEAT BALLS

Tomato Sauce:

1/2 c. chopped onion	1/2 c. chopped green pepper
1/2 c. chopped celery	

Saute. Add:

1 can tomatoes	1 small can water
1 small can tomato sauce	

Stir and cook until smooth. Add:

1 1/2 tsp. salt	1/2 tsp. mustard
1/2 tsp. garlic	1/2 tsp. oregano
1/2 tsp. ginger	1/2 tsp. red pepper

Simmer 1 hour.

Meat Balls:

3/4 lb. hamburger	2 eggs
1/4 lb. ground pork	1 tsp. parsley
1 c. bread crumbs	1/2 tsp. garlic powder
1/2 c. milk	1 1/2 tsp. salt
	1/8 tsp. pepper

Brown meat balls on all sides. Add to sauce the last 20 minutes of simmering. Place hot, drained spaghetti on warm plates. Place meat balls and sauce on spaghetti. Sprinkle with grated cheese. Makes 4-6 servings. I double recipe.

Recipe of Mrs. Enloe, Burden High School, Home Economics teacher, 1960-61.

Joy Lee (Withrow) Brake

HAMBURGER AND PORK 'N BEAN COMBO (Makes 4 Servings)

4 slices bacon	1 (1 lb. 13 oz.) can pork and beans
1 medium onion, chopped	4 Tbsp. brown sugar
1 lb. lean ground beef	1 Tbsp. mustard (dry)
1/2 tsp. salt	1/2 c. catsup

In large skillet, cook bacon until lightly browned, but not crisp. Remove bacon from skillet and crumble. Pour off all but 1 tablespoon grease. Add onion and cook, stirring with a fork to break up meat, until browned. Stir in beans, sugar, mustard and catsup. Return bacon to skillet; simmer 5 minutes longer or until done.

Koreen Bartel

STUFFING

2 loaves dry bread	1 big onion, chopped
4 eggs	2 tsp. sage
1 c. celery, chopped	pepper
fine	broth

Break bread in small pieces. Add other ingredients, using enough broth to moisten bread. Pour into greased 9 x 13-inch pan. Bake at 350° for 1 hour.

Marie Hall

VEAL PAPRIKA

1/4 c. flour	6 Tbsp. oil
3 Tbsp. paprika	1/4 c. onion, chopped
1/2 tsp. salt	2 c. tomato juice
1/2 tsp. pepper	1/2 c. sour cream
1 lb. veal, cut in 1-inch cubes	

Mix together flour, paprika, salt and pepper. Dredge veal in flour mixture. Saute onion in oil. Add veal and cook until lightly browned. Pour tomato sauce over veal; simmer 1 1/2 hours. Add sour cream; simmer 1/2 hour.

Celia and Eli Stout

HOGBACK PORK CHOPS

4 pork chops	3 large red apples, cut
1/2 c. apple juice	into slices
1/2 c. raisins	1/2 c. water
1 tsp. salt	1/4 tsp. nutmeg
1/4 c. brown sugar	1/4 tsp. cinnamon

Brown chops. Arrange in shallow dish. Pour

apple juice over chops and sprinkle with raisins and salt. Bake, covered, at 350° for 45 minutes. Turn chops. Combine brown sugar and spices; coat apple slices. Arrange around chops. Pour water over all. Bake, covered, 15 minutes. This is good served over rice.

Shirley Douglas

HAM LOAF

1 lb. ground ham (best with bone in ham)	1 c. milk 2 eggs 1 c. cracker crumbs
1 1/2 lb. ground pork steak	1/8 tsp. pepper salt (if needed)

Mix all ingredients together. Shape into 1 loaf or can be divided into individual loaves. Bake approximately 2 hours at 350°. Baste frequently with the following syrup.

Syrup:

1 1/2 c. brown sugar	1/2 c. water
1 Tbsp. mustard	1/2 c. vinegar

Mix together.

Judy Haggard

BAKED SAUSAGE AND APPLES

6 cooking apples	1/3 c. brown sugar
1 (12 oz.) pkg. Brown	1/3 c. red hots
'N Serve sausage links	1 1/2-2 c. water
1/3 c. white sugar	3 Tbsp. cornstarch

Halve and core apples. Place, peel side down, in shallow dish.

Make a syrup of the sugars, red hots, water and cornstarch; cook until thick. Pour over apples. Brown sausages. Arrange on apples. Bake, covered, 30 minutes. Uncover; bake 10 minutes longer. Serves 4.

Shirley Douglas

BAKED PORK CHOPS

Cut pork chops 1 inch thick. Place them in cake pan and top each one with cream of mushroom soup only.

Another way to bake chops is to cut an apple in half and fill core hole with brown sugar; place on top of chop. Bake either at 350° for 1 1/2 hours.

Wanda Donley

BAKED CHICKEN BREASTS

2-4 boneless chicken breasts	1/2 tsp. parsley flakes
1 can cream of mushroom or asparagus soup	1 slice cheese (per breast)
1/2 tsp. garlic salt	1 slice thin ham (per breast; ham may be omitted)
	salt and pepper to taste

Preheat oven to 350°. Roll chicken breasts in flour and cook in skillet until brown. Remove from skillet and place in baking dish.

In medium-sized bowl, mix mushroom soup with 1 can milk. Add garlic salt, parsley flakes, salt and pepper to taste. Mix well. If mixture is too thick, thin with more milk until the consistency of cream. Next, place 1 slice very thin ham over each chicken breast. Add 1 slice cheese over ham and then pour soup mixture over. Bake at 350° for about 45 minutes.

Great served over hot rice. This recipe can be kept warm by reducing heat and covering with tin foil.

Kay Couch

CHOICE CHICKEN PIE

3 c. cut-up, cooked chicken	3 Tbsp. melted margarine
1 can cream of chicken soup	6 Tbsp. potato flakes
1/2 c. milk	3 c. flour
2 Tbsp. margarine	1 1/2 Tbsp. sugar
2 Tbsp. minced onion	1 1/2 tsp. cream of tartar
2 c. frozen peas	1 1/2 tsp. soda
6 Tbsp. potato flakes	7 1/2 Tbsp. margarine
	3/4 c. milk
	6 Tbsp. mayonnaise

Combine first 6 ingredients in a 9 x 13-inch pan. Mix potato flakes and melted margarine; set aside.

In bowl, combine potato flakes, flour, sugar, cream of tartar and soda. Cut in margarine; add milk and mayonnaise. Blend to soft dough. Roll out and cut into biscuits. Put on hot chicken. Brush tops with milk; sprinkle with buttered potato flakes and bake at 425° for 30-35 minutes. Serves 12 or more.

Beulah R. Holt

CHICKEN CASSEROLE

1 chicken, boiled and removed from bone	1 1/2 c. milk
1/2 c. butter (oleo)	1/2 tsp. baking powder
1 bunch celery	3 well-beaten eggs
1 medium onion	1 can cream of mushroom soup
6-8 soft bread cubes	1 can chicken broth

Saute celery and onion in butter. Mix bread cubes, milk, baking powder and eggs. Add celery and onion. Layer chicken and bread mixture in a 9 x 13-inch pan. Mix soup and broth; pour over top. Bake at 350° for 35-40 minutes. Serves 9-12 people. Makes 12 servings, 2.5 dietary points per serving.

Isabelle Sauer

BAKED CHICKEN

1 chicken, cut in pieces	1/2 c. onion
1 small apple, chopped	1/2 c. carrot
1/2 c. sweet green pepper	flour
	salt and pepper

Flour, salt and pepper chicken pieces; put in a greased baking dish. Mix chopped apples, pepper, onion and carrot together; pour this over chicken. Cover with foil. Bake for 1 1/2 hours or until tender at 350°.

Pam Lynch

CASHEW CHICKEN AND RICE

3 chicken breasts (about 2 1/4 lb.)	3 Tbsp. vegetable oil
	1 (8 oz.) can bamboo shoots, drained

2 c. sliced celery	1/4 c. green onions
8 oz. sliced water chest- nuts, drained	1/4 c. cornstarch
1/2 c. whole cashews	1 tsp. seasoned pepper
2 oz. pimientos, sliced	3 Tbsp. soy sauce
	3 c. chicken broth
	3 c. cooked rice

Remove skin and bone from chicken and cut in thin strips, approximately 1 inch long. Roll chicken in chicken batter and fry until light brown in vegetable oil. Add bamboo shoots, celery and water chestnuts. Cook 2 minutes; stir in cashews, onions and pimientos.

Blend cornstarch, seasoned pepper and soy sauce; stir into broth. Pour into chicken mixture; cook and stir until sauce is slightly thickened. Serve over beds of fluffy rice. Serves 6.

Nancy Pim

FIX-AHEAD CHICKEN CASSEROLE

2 c. diced chicken	1 3/4 c. chicken broth
2 c. uncooked macaroni	1 small onion, chopped
1 c. milk	1/2 lb. shredded Cheddar cheese
2 cans mushroom soup	1/2 tsp. salt

Mix all ingredients in large bowl. Place in greased 9 x 13-inch pan. Cover; refrigerate overnight. Bake, uncovered, for 1 hour at 350°.

Leda Bechtel

TETRAZZINI

1 oz. spaghetti	1/4 tsp. pepper
1/4 c. flour	1 small onion, diced
1 (2 1/2 oz.) jar sliced mushrooms	2 3/4 c. milk
1 chicken-flavored bouillon cube	1/2 tsp. salt
	1/4 c. grated Parmesan cheese
2 c. cubed, cooked turkey or chicken	

Cook spaghetti as label directs; drain. Return to saucepan and keep warm.

In saucepan over medium heat, place 3 table-
spoons oleo and onion; cook until tender. Stir in

flour until blended. Gradually stir in milk, mushrooms with liquid, bouillon, salt and pepper; cook, stirring constantly, until mixture is slightly thickened. Remove from heat; stir in cheese. Preheat oven to 350°. To spaghetti, add sauce mixture and chicken. Gently toss to mix well. Spoon mixture into a 9 x 13-inch baking dish. Bake 20 minutes. May also be topped with 1 cup Cheddar cheese before baking.

Nancy Kennedy

MARDI-GRAS DINNER

3 Tbsp. flour	1 chopped onion
3/4 tsp. salt	1 can tuna
1 2/3 c. milk	dash of pepper
4 c. cooked rice	1/4 c. melted oleo
1 Tbsp. chopped parsley	1 1/2 c. cheese
1 can whole tomatoes, drained, or 2 fresh tomatoes, sliced	1/2 tsp. oregano

Add flour, pepper and salt to melted oleo, then add milk and cook until thickened. Add cheese; cook and stir until cheese melts. Layer in baking dish: cooked rice, sprinkle with parsley and oregano, then tomatoes, next onion and then tuna. Spread on cheese sauce. Garnish with sliced tomatoes and paprika, if desired. Bake in a 375° oven until cheese browns a little and bubbles, about 30 minutes. Serves 6.

Marilyn Chilcott

CHILI

1/2 lb. dry pinto beans	2 cloves garlic, crushed
2 (1 lb.) cans tomatoes	2 Tbsp. chili powder
2 lb. browned hamburger	1 tsp. pepper
2 medium onions	1 tsp. cumin
1 green pepper	salt to taste

Simmer the dry beans in 3 times their volume of unsalted water for 30 minutes in a saucepan. Allow to stand, covered, for 1 1/2 hours; drain. Chop onions and green pepper in the blender. Put all ingredients in crock-pot in order listed; stir once. Cover and cook on low 10-12 hours (high 5-6 hours). Serves 6.

DEEP-DISH TACO SQUARES

- | | |
|-------------------------|-----------------------|
| 2 lb. hamburger | 2 c. Bisquick |
| 1 small chopped onion | 2/3 c. milk |
| 1 chopped green pepper | 8 or 10 slices cheese |
| 1 c. tomatoes and juice | 8 oz. grated Cheddar |
| 1 pkg. taco mix | cheese |

Heat oven to 375°. Grease large 13 x 10-inch baking dish. Cook ground beef; stir until brown and crumbled. Drain well. Add taco mix, onion, pepper and tomatoes; simmer.

Mix Bisquick with milk to make soft dough. Pat out into baking dish, pressing up sides about 1/4 inch. Lay in slices of cheese; top with hamburger mixture. Top this with grated Cheddar cheese. Bake 25 or 30 minutes at 375° or until brown.

Nita McConnell

MEXICAN CHILI CASSEROLE

- | | |
|-------------------------|-----------------------------|
| 1 1/2-2 lb. ground beef | 1 can mushroom soup |
| 1 chopped onion | 1/2-2 c. shredded Cheddar |
| 1 can Ro-Tel tomatoes | cheese |
| (peppers and tomatoes) | 1 (12 oz.) pkg. corn chips, |
| 2 cans beans in chili | crushed |
| gravy | 1 tsp. chili powder |

Brown ground beef and onion in heavy skillet; add tomatoes, soup and beans. Simmer and heat thoroughly.

In a large casserole dish, layer meat mixture, cheese and chips, ending with chips on top. Cover and bake in a 350° oven for 30 minutes or until bubbly.

Can be fixed ahead and frozen.

Irene Smalley

MOCK TACOS

You can make this any size you want to by increasing or decreasing ingredients.

Cook hamburger and chopped onion until done in large kettle; drain off fat. Add catsup and/or tomato sauce, taco seasoning, salt, pepper and garlic salt or powder (season to taste). Add cooked beans

(navy or pinto). Put corn chips on tray or plate. Add taco mixture. Cover with shredded lettuce and top with grated cheese and tomato wedges.

Have it moist enough to cover the chips, but not soupy, just thick enough to spread a little.

Anna Haworth

HAMBURGER MEXICAN CASSEROLE

2 lb. hamburger

1 large onion

Brown hamburger with onion; place in a 9 x 13-inch baking dish. Add in layers:

1 can mushroom soup
1 (No. 303) can chili
beans

1 1/2 c. grated cheese
(3/4 c. Cheddar and
3/4 c. white)
corn meal shells (to cover)

Then layer 1 1/2 cups cheese (as above), 1 can mushroom soup, 1 can chili beans and:

1 1/2 c. tomatoes
1 1/2 tsp. chili powder

1 tsp. cumin powder

Bake 1 hour at 350°. Serves 12. Can be halved.

Betty Ankrom

MONTEREYS

2 lb. hamburger

2 cans brown kidney beans

Brown hamburger and add beans. Season with:

2 Tbsp. chili powder
1 tsp. garlic salt

1 tsp. onion powder
dash of pepper

Let this simmer while you prepare the rest.

Grate 1 pound Cheddar or Colby cheese. Cut up lettuce, carrots, celery, radishes, onions and tomatoes, like tossed salad. Brown flat tortillas in hot fat. Place tortilla on plate, put on meat, cheese, salad and taco sauce, seasoned to your liking.

Edna Donley

SCOTCH EGGS

- | | |
|---------------------------------------|-----------------------|
| 6 hard-cooked eggs | 1 egg, lightly beaten |
| 2 Tbsp. flour | 3/4 c. fine dry bread |
| 1 lb. bulk sausage meat | crumbs |
| 1 1/2 Tbsp. Worcester-
shire sauce | deep fat (for frying) |

Peel eggs and dust with flour. Mix sausage meat with Worcestershire sauce; divide into 6 equal parts. Shape each part into a flat cake and mold evenly around egg, making sure that there are no cracks in sausage meat. Dip into lightly beaten egg and then roll in bread crumbs in place. Preheat fat to 325°. Add eggs, three at a time; fry for 7 minutes or until sausage is cooked and golden. Drain on paper towels. Serve immediately with Herbed Tomato Sauce.

Wanda Donley

QUICK AND EASY CASSEROLE

- | | |
|--------------------------------|--|
| 1 pkg. macaroni and
cheese | 1 c. (or more) diced
leftover chicken |
| 1 can cream of chicken
soup | 1 can water or milk |

Mix together and put in baking dish. May set in refrigerator overnight and bake the next day for a quick meal. If it appears too dry, add more milk. Cracker crumbs, mixed with melted oleo, can be put on top. Bake in a regular or microwave oven.

Other leftover meat or tuna may also be used as well as other varieties of soup.

Thelma Lanier

CHOW MEIN

- | | |
|------------------------------|--|
| 1/4 c. vegetable oil | 1 (4 oz.) can pieces and
stems of mushrooms,
drained |
| 1 tsp. salt | |
| 1/4 tsp. pepper | |
| 3 c. thinly sliced
celery | 1 (1 lb.) can bean sprouts,
drained |
| 4 Tbsp. chopped onion | 1 (8 oz.) can water
chestnuts, sliced |
| 2 c. beef broth | |

2 tsp. sugar	1/4 c. soy sauce
2 1/2 Tbsp. cornstarch	2 lb. browned hamburger
1/4 c. cold water	

Cook celery and onion in beef broth, oil, salt and pepper until tender. Add mushrooms, bean sprouts, water chestnuts and sugar; cook 5 or 10 minutes longer. Mix cornstarch in cold water and soy sauce. Add to vegetables; cook, stirring constantly, until thickened and clear. Add hamburger; heat through. Serve over rice. You can use 2 cups chicken and chicken broth, if you like. Serves 6.

Edna Donley

RICE PIZZA

3 c. cooked rice	1 (15 oz.) can pizza sauce
2 eggs, beaten	3 Tbsp. Parmesan cheese
2 c. grated Mozzarella cheese	

Combine rice, eggs and 1 cup Mozzarella cheese. Press firmly into greased 12-inch pizza pan or use two 9-inch pie pans, proportioning evenly and spreading evenly. Bake at 450° for 20 minutes. Spread sauce evenly over rice crust. Add sliced pepperoni, chopped mushrooms and cooked ground beef or other favorite toppings, if desired. Top with remaining Mozzarella cheese. Bake 10 minutes longer. Slice and serve.

Janell and Jennifer Haggard

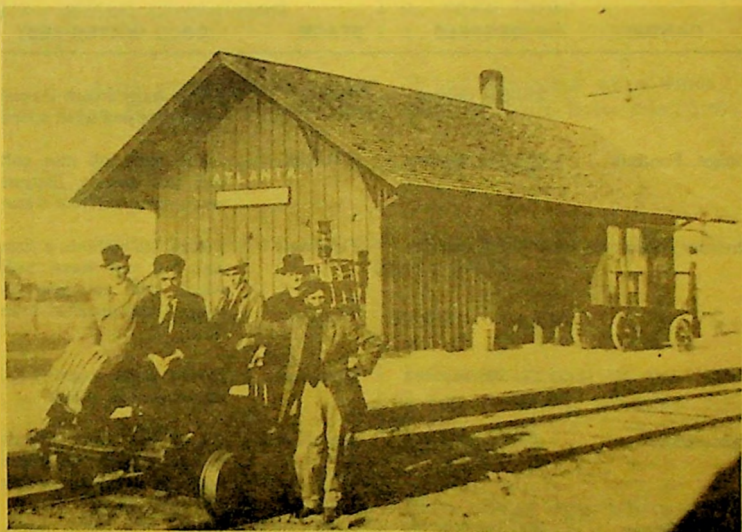
HAM AND BEANS

3 1/2 c. dry navy beans	1/2 c. maple syrup
1 lb. ham (at least)	1 tsp. salt
1/2 c. chopped onion	1 tsp. dry mustard
1/2 c. packed brown sugar	

Prepare beans like in chili recipe; drain, reserving 1 cup liquid. Put beans in crock-pot. Add all remaining ingredients, along with the 1 cup reserved bean liquid. Mix well. Cover and cook on low 10-12 hours (high 4-5 hours, stirring occasionally). Cut ham from bone and return to crock-pot. If thicker beans are desired, uncover and turn to high during last hour.

Edna Donley

Cakes, Cookies, Desserts & Frostings



ATLANTA DEPOT

Located in the southeast part of town, the railroad depot was the center of activity for many years. Shown here on the "pop" car are, from left, Lewis Bates, a Greek friend of John Vasilopus (last person on the right), Oran , Leslie Scott and Vasilopus.

Candy Testing

Thermometer Test: Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

Cold-Water Test: Remove candy from fire. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

CANDY	DEGREES	STAGE	COLD WATER TEST
	230-234 degrees	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240 degrees	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248 degrees	Firm ball	Candy will roll into a firm ball but not hard ball which will not lose its shape upon removal from water.
Taffy	250-266 degrees	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290 degrees	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310 degrees	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321 degrees	Caramelized	Sugar first melts, then becomes a golden brown and will form a hard, brittle ball in cold water

CAKES, COOKIES, DESSERTS & FROSTINGS

QUICK ANGEL FOOD CAKE

Start oven at 425°. Put cake pan in oven.

1 1/2 c. egg whites	1 tsp. cream of tartar
1/4 tsp. salt	

Beat egg whites until foamy; add salt and cream of tartar. Continue beating until it stands in stiff peaks.

1 c. sifted granulated sugar	1 c. cake flour
	1 c. powdered sugar

Add granulated sugar, 2 tablespoons at a time. Sift cake flour with powdered sugar; fold into mixture.

1 tsp. vanilla or orange extract	1/2 tsp. lemon
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Add; pour into hot pan and bake 23 minutes.
Betty Holt

ALTA'S ANGEL FOOD CAKE

13 large egg whites	1 1/2 tsp. cream of tartar
1 c. flour	1/2 tsp. baking powder
1 1/2 c. sugar	1/2 tsp. salt
1 tsp. vanilla	

Preheat oven to 350°. First beat egg whites until foamy. Add salt, cream of tartar and 1/2 of sugar. Continue beating until mixture forms stiff peaks.

Sift flour and remaining sugar together; fold into egg white mixture with spatula. Add vanilla. Pour into angel food cake pan and bake 1 hour.

Alta Gordon

ANGEL FOOD CAKE

1 2/3 c. egg whites	1 1/3 tsp. cream of tartar
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1/4 tsp. salt	1 tsp. flavoring
1 1/2 c. sugar, sifted	1 c. sifted cake flour

Preheat oven to 325°. Sift flour 3 times with 1/2 cup sugar. Beat egg white until frothy; add salt and cream of tartar. Beat again until glossy and just stiff enough to hold a peak. (Overbeating white results in dry cake.) Sprinkle 2 tablespoons sugar at a time over surface of white. Gently beat and fold in. Fold in flavoring.

Sift 2 tablespoons flour-sugar mixture at a time over egg white mixture, folding in gently. Repeat until all is folded in thoroughly. Cut through batter with spatula to remove air bubbles. Bake in ungreased Angel-Fluff pan for 60-65 minutes. Invert pan to cool.

Icing:

Beat 4 egg whites in a bowl. Cook:

1/4 tsp. cream of tartar	1 1/2 c. sugar
1/2 tsp. salt	1/2 c. water

Boil slowly in a pan. Pour slowly into egg whites, beaten; continue to beat at high speed.

Can use 4 tablespoons cocoa to 1 cup flour to make a chocolate angel food cake.

Pauline Jones

BARBARA LOWES' 4-H "GRAND CHAMPION"
ANGEL FOOD CAKE

1 2/3 c. egg whites	1 1/2 tsp. cream of tartar
1/2 tsp. salt	

Beat egg whites and salt until foamy; add cream of tartar. Beat at top speed until it stands in high peaks.

1 c. sugar	1 tsp. vanilla
1/2 tsp. almond	

Gradually add, then fold in:

1 c. plus 2 Tbsp. flour	3/4 c. sugar
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Sift flour and sugar 5 times together.

Pour into angel food cake pan. Bake at 375° for 35 minutes.

Louise Womacks

CHERRY-TOPPED CHEESECAKE

20 single graham crackers	1 can sweetened condensed milk (not evaporated milk)
1/2 c. oleo, softened	1 tsp. vanilla
2 Tbsp. sugar	1/3 c. lemon juice
1 (8 oz.) pkg. cream cheese	1 (20 oz.) can cherry pie filling

Preheat oven to 375°. Crush crackers in blender or food processor. Combine with oleo and sugar; blend with fingers or pastry blender (several drops of water may be added if mixture is dry or stiff). Press evenly and firmly over bottom of a 9 x 9-inch pan. Bake for 7 1/2 minutes; cool.

Meanwhile, soften cheese in mixer or food processor. Add milk and vanilla; blend thoroughly. Add lemon juice; beat until slightly thickened. Pour into graham cracker crust quickly. Chill for several hours. Pour pie filling over top before serving.

Janell Haggard

CREAM PUFFS

1 c. flour	1 c. water
1/4 tsp. salt	4 eggs
1/2 c. shortening	

Sift flour and salt. Bring shortening and water to a boil in saucepan. Add blended dry ingredients quickly. Beat constantly until mixture leaves sides of pan and forms a ball (about 1 minute). Remove from heat and let stand until cool, then add the eggs, one at a time, beating until smooth after each addition. Drop by tablespoonful onto ungreased baking sheet. Bake at 400° for 40-45 minutes; cool and fill with pudding or then use them with the following meat filling.

Filling for Chicken Puffs:

2 c. chopped chicken or turkey	3/4 c. chopped celery
1/4 c. chopped onion	1/2 c. shredded Swiss cheese
Miracle Whip (enough to stick together)	

Fill puffs; return to oven at 300° for 20 minutes.
Lula Foote

WHITE CHOCOLATE CAKE

Used in Polo 4-H cooking and demonstration by
Paulette Jones while in Polo 4-H club.

1/4 c. white chocolate	1 tsp. soda
1/2 c. hot water	1/4 tsp. salt
1 c. butter	1 c. buttermilk
1 c. sugar	4 egg whites
4 egg yolks	1 c. pecans
1 tsp. vanilla	1 c. coconut
2 1/2 c. sifted cake flour	

Melt white chocolate in hot water; let cool.
Cream together butter and sugar until fully mixed.
Add egg yolks, one at a time, beating well after each
addition. Add melted chocolate and vanilla. Sift
flour and soda together; add to mixture alternately with
buttermilk. Fold in egg white, beaten stiff, but not
dry. Gently stir in grated pecans and coconut. Bake
in three 8-inch round pans in 350° oven for about
25-30 minutes. Cool completely before frosting.

Frosting:

1 small can evaporated milk	1 c. nuts
1 c. sugar	3 egg yolks, slightly beaten
4 Tbsp. butter	1 tsp. vanilla
	1 c. coconut

Mix evaporated milk, sugar and butter together
in a saucepan; bring to a boil, stirring constantly.
Into beaten yolks, blend a small amount of the cooked
mixture, stirring quickly to prevent egg coagulation,
then blend back into the mixture. Add vanilla and

cook over low heat until thick, about 15 minutes. Remove from heat and add coconut and nuts. Beat until fluffy and of spreading consistency.

This recipe is very good eating.

GERMAN SWEET CAKE

2 c. sugar	1 tsp. soda
1 c. shortening	1 tsp. vanilla
4 egg whites, beaten stiff	1 pkg. German's sweet chocolate in 1/2 c. boiling water
4 egg yolks	pinch of salt
2 1/2 c. flour	

Cream shortening and sugar; add egg yolks and 3/4 cup sour milk alternately with flour. Dissolve soda in remaining 1/4 cup milk; add salt, melted chocolate and vanilla. Fold in egg whites. Bake at 350° for 35-45 minutes (needs 3 pans).

Filling:

1 c. sugar	3 egg yolks
1 large can Pet milk	salt
1 can folded coconut	vanilla
1/4 stick oleo	nuts (may be added)

Combine all, but vanilla. Cook, stirring constantly, until thick. Cook in double boiler (very good).

Lula Foote
Gussie Kennedy

WALNUT LOAF CAKE

1/2 c. shortening	3 tsp. baking powder
1 c. sugar	1 c. milk
2 beaten egg yolks	1 c. chopped walnuts
1 tsp. vanilla	2 stiffly beaten egg whites
2 c. flour	(about 2 c. to the whites)
1/2 tsp. salt	

Thoroughly cream shortening and sugar. Add egg yolks and vanilla. Beat well. Add sifted dry ingredients; alternate with milk. Add nut meats and

fold in egg whites. Bake in a 6 1/2 x 10 1/2-inch greased loaf pan in oven at 350° for 50 minutes.

Erma Dibbens Sherrill

CHIFFON DREAM CAKE

2 1/2 c. cake flour	3/4 c. water
1 1/2 c. sugar	1 tsp. lemon rind
3 tsp. baking powder	2 tsp. vanilla
1 tsp. salt	1/2 tsp. cream of tartar
1/2 c. salad oil	6 egg whites
6 egg yolks	

Mix and sift first 4 ingredients. Make a well and add in order the salad oil, egg yolks, water, lemon and vanilla. Beat with spoon until smooth. Add cream of tartar to egg whites. Beat until egg whites form very stiff peaks. Gently fold first mixture into egg whites until well blended. Fold; do not stir. Turn batter into ungreased 10-inch tube pan. Bake in a slow oven (325°) for 70-75 minutes or until cake springs back when touched lightly with finger. Immediately invert pan over bottle to cool. Let stand until cold. Loosen side of cake with spatula.

Susan Jones Dennett

MARJORIE'S COFFEE CAKE

3/4 c. sugar	1/2 tsp. salt
1/4 c. soft shortening	1/2 c. brown sugar,
1 egg	firmly packed
1/2 c. milk	2 Tbsp. flour
1 1/2 c. sifted flour	2 Tbsp. melted butter
1 1/2 tsp. baking powder	1/2 c. chopped nuts
	2 tsp. cinnamon
	2 Tbsp. water

Mix well the sugar, shortening and egg. Sift together flour, baking powder and salt. Add to egg mixture alternately with milk.

Spread 1/2 the batter in greased 9 x 13-inch pan. Mix remaining ingredients and spread 1/2 over batter in pan and circle in with fork for marbled effect. Repeat with remaining batter and cinnamon topping. Bake in moderate oven (375°) about 30 minutes. Makes about 8 or 9 servings.

Other toppings or variations:

Orange Dessert Coffee Cake:

1 c. granulated sugar	1 Tbsp. grated orange peel
3/4 c. fresh orange juice	

Leave coffee cake in pan. While still hot, sprinkle with granulated sugar, then pour over top the orange juice mixed with grated orange peel.

Buttermilk Glazed Coffee Cake:

1 c. sugar	2 tsp. vanilla
1/2 c. buttermilk	1/2 c. butter
1/2 tsp. soda	

Boil above ingredients together for 1 minute; do not beat. Pour hot sauce over cake in pan while cake is still hot.

Self-Frosting Cookie Bars: Spread batter in greased 15 x 10-inch jellyroll pan. Drizzle cinnamon topping over surface, then swirl with spoon. Sprinkle with nuts. Bake in moderate oven (375°) about 20 minutes. Cut into 3 dozen bars.

Marjorie Martin Ruggles

CINNAMON CRUNCH COFFEE CAKE

1 1/2 c. sifted flour	2 eggs, separated
2 tsp. baking powder	2/3 c. milk
1/2 tsp. salt	1/2 c. corn flakes, crushed
1 tsp. cinnamon	1 Tbsp. margarine, melted
1/2 c. margarine	1/4 c. sugar
3/4 c. sugar	1/2 tsp. cinnamon

Sift flour, baking powder, salt and 1 teaspoon cinnamon together. Blend 1/2 cup butter, 3/4 cup sugar and egg yolks. Stir in sifted dry ingredients. Add milk, stirring only until combined. Beat egg whites until stiff, but not dry; fold into batter. Spread batter in greased 9-inch diameter round cake pan.

Combine corn flake crumbs with 1 tablespoon melted butter, 1/4 cup sugar and 1/2 teaspoon

cinnamon. Sprinkle crumb mixture evenly over batter. Bake in moderate oven (350°) about 45 minutes.

Vada Holt

NORWEGIAN COFFEE CAKE WITH STREUSEL FILLING

1 1/2 c. sifted flour	1/4 c. oil
2 tsp. baking powder	2/3 c. skim milk
1/2 tsp. salt	2 drops yellow food coloring
3/4 c. sugar	2 egg whites, beaten stiff

Streusel Filling:

2 Tbsp. oil	2/3 c. brown sugar
2 Tbsp. flour	1 1/2 tsp. cinnamon

Mix dry cake ingredients in large bowl. Mix oil, milk and food coloring; add all at once to dry mixture, stirring vigorously until well blended. Fold beaten egg whites into mixture. Spread 1/2 the batter into greased and floured 9-inch square pan.

Cover with 1/2 streusel mixture and pour the rest of batter in. Cover with rest of streusel mixture. Bake at 350° for 25-35 minutes. Serve warm.

Pam Gordon

PINEAPPLE UPSIDE-DOWN CAKE

1/2 c. butter	3 Tbsp. pineapple juice
1/2 c. brown sugar	1 c. flour
1 large can drained pineapple	1 1/2 tsp. cornstarch
3 egg yolks	1 1/4 tsp. baking powder
1 c. sugar	1 tsp. vanilla
	3 egg whites, stiffly beaten

Melt butter and brown sugar in ovenproof skillet; lay slices of pineapple in skillet.

In small bowl, mix egg yolks, sugar and juice; sift dry ingredients and add to egg mixture. Stir in vanilla. Fold in egg whites. Pour over pineapple. Bake at 375° for 20-30 minutes.

Emma Jane McIntosh

CARAMEL-IN-BETWEEN FUDGE CAKE

1 pkg. chocolate fudge	1 Tbsp. shortening
cake mix	1 c. water
3 eggs	

Filling:

28 light caramels	1 1/3 c. sweetened condensed milk
1 Tbsp. butter	

Grease and flour a 9 x 13-inch pan. Prepare filling by combining ingredients and heating in double boiler until caramels melt.

In a bowl, combine dry mix, water, eggs and shortening. Beat until blended. Spread 1/2 batter in pan and spread filling evenly over top. Cover with rest of batter and bake at 350° for 30-40 minutes. Cool completely and frost (prepare filling before starting cake).

Nancy Pim

DUMP CAKE

2 c. flour	2 tsp. soda
2 c. sugar	1 c. chopped nuts
2 eggs, beaten	1 tsp. vanilla
1/2 c. oil	2 tsp. cinnamon
1 tsp. salt	1 can cherry pie filling

Put all ingredients in a mixing bowl and stir, but do not beat. Pour into greased 9 x 13-inch pan. Bake at 350° for 30-40 minutes.

Nancy Kennedy

HUMMINGBIRD CAKE

3 c. plain flour	1 1/2 tsp. vanilla
2 c. white sugar	2 c. chopped nuts
1 tsp. baking soda	1 tsp. cinnamon
1 tsp. salt	2 c. mashed bananas
3 eggs, beaten	1 (8 oz.) can crushed pineapple with juice
1 1/2 c. cooking oil	

Frosting:

1 (8 oz.) pkg. cream cheese	1 c. nuts
1 tsp. vanilla	1 1/2 sticks oleo
	1 box xxx sugar

Sift together flour and all dry ingredients; add eggs and oil. Stir until moist. Stir in vanilla, bananas and pineapple with juice. Stir in nuts. Bake in 3 round pans for 25-30 minutes at 350°.

Beat frosting ingredients until fluffy; add nuts and spread on cake.

Marjorie (Martin) Ruggles

CHOCOLATE SHEET CAKE

2 c. sugar	1/2 c. all-vegetable cooking oil
2 c. flour	4 Tbsp. cocoa
1 tsp. soda	1/2 c. buttermilk
1 tsp. ground cinnamon	2 eggs, slightly beaten
1 c. water	1 tsp. vanilla
1 stick margarine	

Sift together the sugar, flour, soda and cinnamon; set aside. In a saucepan, place the water, margarine, oil and cocoa. Bring to a boil and pour over dry ingredients, mixing well. Set aside.

Mix together the buttermilk, eggs and vanilla extract; add to chocolate batter. Pour batter into greased and floured 13 x 9 x 2-inch pan. Bake at 400° for 20 minutes. Start chocolate icing about 5 minutes before cake is done and frost cake in pan.

Christine Whiteman

CINNAMON PUDDING CAKE

1 3/4 c. brown sugar	2 Tbsp. butter
1 1/2 c. cold water	

Combine. Bring to a boil; set aside and cool.

2 c. flour	1/2 tsp. salt
2 tsp. baking powder	2 1/2 tsp. cinnamon

Sift together.

2 Tbsp. butter

1 c. sugar

Cream together. Add dry ingredients with 1 cup milk. Blend well after each addition. Spread into a greased 9 x 9 x 2-inch pan. Pour brown sugar mixture over batter and sprinkle with nuts, if desired. Bake 35 or 40 minutes at 350°. Serve with whip cream.

R. Lynch

"GRANDMA'S GERMAN APPLE CAKE"

2 eggs

1 tsp. soda

1/2-1 c. nuts

2 tsp. cinnamon

2 c. sifted flour

1 tsp. vanilla

2 c. sugar

1/2 tsp. salt

4 c. chopped Jonathan
apples

1 c. salad oil

Mix all ingredients together with a spoon. Do not use mixer. Spread into a greased 9 x 13-inch pan. Bake 60 minutes at 350°.

Louise Womacks

FRUIT COCKTAIL PUDDING (Cake)

1 1/2 c. flour

3/4 tsp. salt

1 1/2 c. sugar

1 1/2 tsp. soda

Sift together and add 1 large can fruit cocktail (do not drain). Stir and add 2 beaten eggs. Stir and pour into greased 9 x 12-inch pan.

3/4 c. brown sugar

3/4 c. nuts

Sprinkle with brown sugar and nuts. Bake at 350° for 30-35 minutes or until brown.

Betty Holt

FAVORITE PRUNE CAKE

3 c. flour

2 c. sugar

1 tsp. salt

4 eggs

4 tsp. baking powder

1 Tbsp. grated lemon
rind

1 c. shortening

2/3 c. chopped prunes (unsweetened, cooked)	1 1/2 c. chopped nut meats 2/3 c. prune water
--	--

Sift flour, salt and baking powder. Cream shortening thoroughly; add 1 1/2 cups sugar gradually. Beat well. Beat eggs until light and fluffy. Beat in remaining 1/2 cup sugar. Add to first creamed mixture and beat well. Combine lemon rind and prune water; add alternately with sifted dry ingredients. Fold in prunes and nut meats. Bake in greased cake pan for 1 hour. Serves 10-12.

This cake is very good if topped with whipped cream or topping. Also it improves in flavor over a day or two of time.

Alice Helsel

OLD TIME FUDGE CAKE

2 1/2 c. soft butter or margarine	2 1/2 oz. sq. unsweetened chocolate, melted
1 3/4 c. sugar	2 1/2 c. sifted cake flour
2 eggs	1 1/4 teaspoonfuls soda
1 tsp. vanilla	1/2 teaspoonful salt
	1 1/4 c. ice water

Cream together butter, sugar, eggs and vanilla until fluffy (beat 5 minutes) at high speed in a mixer, scraping bowl occasionally to guide batter into beater or beat 5 minutes (by hand). Blend in cooled chocolate. Sift together flour, soda and salt. Add to creamed mixture alternately with ice water, beating well after each addition. Bake in 2 paper-lined 9 x 7 1/2-inch round pans in moderate oven (350°) for 30-35 minutes until done.

Cover with chocolate frosting and walnut halves.
Mary Jo Wrampe

ECONOMY CAKE

1 c. water	1 teaspoonful nutmeg
1 c. brown sugar	1 teaspoonful cinnamon
1 c. raisins	1/2 tsp. salt
3/8 c. lard or other shortening	

Boil together for 2 minutes; remove from fire and let stand until cold.

2 1/4 c. flour 1 teaspoonful soda
2 teaspoonfuls baking powder

Add baking powder and soda, which have been sifted together several times, to flour. Bake in moderate oven about 50 minutes.

One-half cup ground or finely chopped nuts will add to the flavor of cake.

Mary Jo Wrampe

THE YEAR-AROUND FRUIT CAKE

2 lb. dates (whole)	1 lb. white raisins
1 lb. pecans (whole)	1 c. flour
1 c. sugar	2 tsp. baking powder
1/2 lb. candied cherries	1/2 tsp. salt
1/2 lb. candied pineapple	5 eggs
	2 tsp. vanilla

Work flour, baking powder, salt and sugar (in large mixing bowl). Add fruit and mix in the flour mixture; let set 1/2 hour. Add to beaten eggs and vanilla; mix well. Pour in 9- or 10-inch tube pan or 2 loaf pans that have been oiled and lined with brown paper. Bake at 250° for 2 hours. Leave stand in pans at least 10 minutes. Cool, then wrap in Saran Wrap or put in Ziploc bags. Stores and ages well when kept in airtight container.

Vineta Bartch

BANANA SPLIT CAKE

1 stick oleo	2-3 bananas
2 c. graham crackers, crushed	1 large can pineapple
2 eggs	1 (8 oz.) container whipped topping
2 sticks oleo	1/2 c. chopped nuts
2 c. powdered sugar	

Melt 1 stick oleo; add graham crackers. Mix well, then press into a 9 x 13-inch pan.

Beat eggs and 2 sticks oleo plus powdered sugar for 15 minutes; do not underbeat.

Spread on crumbs; top with sliced bananas

and drained pineapple. Spread whipped topping over all. Sprinkle with nuts. Refrigerate overnight.

Donna Black

CAKE

(Date-Nut-Marshmallow Roll)

1 1/2 lb. powdered sugar	1 lb. graham crackers
1 lb. dates	1 lb. nuts
1 lb. marshmallows	white powdered sugar or cream*

*Enough to moisten the cake to hold together.

Make in a long cake or cakes and wrap in waxed paper. Let stand overnight in refrigerator. Makes a good eating at Christmastime.

Bessie Jones

Hill City, KS

CINNAMON OATMEAL COOKIES

1 c. shortening	1 tsp. soda
1 c. white sugar	1 tsp. cinnamon
1/2 c. brown sugar	1 1/2 c. quick oatmeal
1 beaten egg	3/4 c. crushed nuts
1 1/2 c. flour	(optional)
	1 tsp. vanilla

Cream together shortening and sugars. Add beaten egg and mix well. Mix flour, soda and cinnamon into egg mixture. Add remainder of ingredients and mix well. Chill dough 1 hour (or until ready to bake). Shape dough into walnut size pieces and put on greased cookie sheets. Flatten with buttered glass dipped into white sugar each time. Bake at 350° for 10 minutes.

Judy Haggard

FORTUNE COOKIES

Made in the Junior and Senior year of High School at Atlanta, Kansas for the banquet, 1963.

1 egg	2 Tbsp. water
1/3 c. sugar	1/4 c. cornstarch
2 Tbsp. corn oil	small paper fortune

Beat eggs fluffy. Gradually beat in sugar. Beat until light and thick. Fold in oil; blend corn-starch into water and add to the egg mixture. Heat well seasoned griddle to 350° or until water drops bounce. Don't get it too hot. Drop batter by heaping teaspoonfuls onto griddle and spread to about 4 inches in diameter (across circle). Cook until edges are slightly brown and cookie lifts easily from griddle. If it sticks, cook longer. Turn and cook other side the same way. Remove from griddle; keep it flat. Immediately place fortune on cookie and fold 2 sides to center and lap to cover paper. Keep lapped side up and bend cookie backward until ends just meet. Let set in a small glass until cold. It's better to remove 1 cookie at a time. Stir batter often as it separates.

Pauline Jones

HAYSTACKS

(Or Butterscotch Goodies)

- | | |
|---------------------------------|-------------------------|
| 1 (12 oz.) pkg. butter- | 1 (4 1/2 oz.) pkg. nuts |
| scotch morsels | (optional) |
| 1 (5 oz.) can chow mein noodles | |

Melt butterscotch morsels in microwave or double boiler. When completely melted, add nuts and noodles. Stir until nuts and noodles are completely covered with butterscotch. Spoon onto waxed paper and allow to cool and harden.

Jared Haggard

SNICKERDOODLES

- | | |
|-------------------|----------------|
| 1/2 c. shortening | 1 1/2 c. flour |
| 3/4 c. sugar | 1 tsp. soda |
| 1 egg | 1/4 tsp. salt |
| 1/2 tsp. vanilla | |

Mix shortening, sugar, egg and vanilla together thoroughly; add flour, soda and salt. Mix well. Chill dough. Roll dough into balls the size of small walnuts. Roll in sugar-cinnamon mixture and lay on ungreased cookie sheet. Bake until light brown, but still soft. Cookies puff up at first, but then flatten out with crinkle tops. Bake at 400° for 8-10 minutes.

This is a 4-H foods recipe that has been used since the early '50's.

Susan Dennett
Paulette Schadeegg
Pauline Jones

STIR AND DROP COOKIES

Polo 4-H club often used this recipe in their cooking as I was 4-H food's leader for 19 years. My daughters and many others used this recipe.

2 eggs	3/4 c. sugar
2/3 c. cooking oil	1/2 tsp. salt
2 tsp. vanilla	1 tsp. lemon

Beat eggs with a fork and add rest of ingredients.

2 c. flour	2 tsp. baking powder
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Sift together and add to above mixture. Drop by teaspoonful on ungreased cookie sheet. Makes about 3 dozen cookies baked at 350° for 12 minutes.

Recipe of 4-H Polo club.

Submitted by Pauline Jones

SCOTCH FANCIES

1 c. shortening	1 1/2 c. sifted flour
1 c. brown sugar	1 tsp. salt
1 c. white sugar	1 tsp. soda
2 eggs	3 c. quick-cooking oatmeal
1 tsp. vanilla	1/2 c. nuts or coconut

Cream shortening and sugars together. Add eggs and vanilla; beat well. Sift together flour, salt and soda. Add to creamed mixture. Stir in oatmeal and nuts. Form dough into rolls, 1-1 1/2 inches in diameter. Wrap in waxed paper. Makes about 3 rolls. Chill several hours. Slice 1/4 inch thick. Bake at 350° for 10 minutes. Yields 5 dozen.

Family Man Playcast, 1984

NO-BAKE COOKIES

2 c. sugar	1/2 c. milk
1/2 c. oleo	3 Tbsp. cocoa

Stir together and bring to a boil; boil 2 minutes. Take off stove. Add:

3 c. oatmeal	1 tsp. vanilla
1/2 c. nuts	1/2 c. peanut butter

Stir; drop by teaspoon on waxed paper and let cool.

Charlene Davis
Donna Krug

CHOCOLATE OATMEAL COOKIES

1 c. butter	1 1/2 c. flour
3/4 c. brown sugar	1 tsp. soda
3/4 c. white sugar	1 tsp. hot water
2 eggs	1 c. chopped nuts
1 tsp. vanilla	1 1/2 c. chocolate chips
1 tsp. salt	2 c. oatmeal

Cream shortening and sugar; add vanilla and eggs, one at a time. Melt soda in hot water and add to mixture. Add oatmeal; beat. Add flour. Blend in nuts and chocolate chips. Drop by teaspoon on cookie sheet. Bake at 350° for 10 minutes.

MARBLE BROWNIES

1 (8 oz.) pkg. cream cheese	1 1/2 sq. unsweetened chocolate
2 1/3 c. sugar	2 c. flour
3 eggs	1/2 c. sour cream
3/4 c. water	1 tsp. baking powder
1/2 c. oleo	1/2 tsp. salt
	1 c. chocolate chips

Soften cream cheese; add 1/3 cup sugar and 1 egg. Set aside.

In saucepan, place water, chocolate squares and oleo; bring to a boil. Remove from heat and add flour, remaining sugar, sour cream, baking powder

and salt. Mix well. Pour into greased and floured 9 x 13-inch pan. Drop the cream cheese mixture by tablespoonfuls over the batter in pan. Stir with a knife to marbleize. Sprinkle chocolate chips on top and bake at 375° for 25-30 minutes.

Joyce Hughbanks

PUMPKIN BARS

2 c. flour	2 tsp. cinnamon
4 eggs	2 c. sugar
2 tsp. baking powder	1 c. oil
1 tsp. soda	2 c. pumpkin (1 small can)
1/2 tsp. salt	1 c. pecans (more or less; optional)

Combine dry ingredients. Add slightly beaten eggs, pumpkin and oil. Mix all together; add nuts. Bake at 350° in greased and floured large sheet pan, about 25 minutes, or until toothpick slides out barely clean; do not overbake.

Topping:

1 (3 oz.) pkg. cream cheese	3/4 stick oleo
1 tsp. milk	1 tsp. vanilla

Blend; add 2 cups sifted powdered sugar. Spread over top.

Betty Haworth

TURTLE COOKIES

2 sq. semi-sweet chocolate or 1/2 c. chips	1/2 c. oleo
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Melt chocolate or chips in oleo.

2 eggs	3/4 c. sugar
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Beat together. Add chocolate mixture. Fold in:

1 c. flour	1 tsp. vanilla
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Add 1/2 cup nuts. Drop by teaspoon on hot waffle iron; set iron on medium. Bake 1 minute.

Ruby Molter

PEANUT BUTTER BARS

1/2 c. oleo	1/3 c. peanut butter
1/2 c. sugar	1 c. flour
1/2 c. brown sugar	1/2 tsp. soda
1 egg	1/4 tsp. salt
	1 c. oatmeal

Cream oleo with sugars. Add eggs and peanut butter. Stir in flour, soda, salt and oatmeal. Spread in greased 13 x 9-inch pan. Bake at 350° for 20-25 minutes. Remove and sprinkle with 1 1/2 cups chocolate chips. When melted, spread over top of cookies, then spread on a butter frosting to which you have added 1/4 cup peanut butter. Cut in bars.

Nancy Kennedy

GRANDMA BUENTING'S FILLED COOKIES

1 box seedless raisins	1/2 c. milk
1 c. sugar	1 egg
1/2 c. water	1/2 tsp. salt
2-3 Tbsp. flour	1/2 tsp. baking powder
1/2 c. butter	1/2 tsp. soda
1 c. sugar	1 tsp. vanilla
	1 c. (plus) flour

Slowly cook together first 3 ingredients and thicken with the flour; set aside to cool. Mix remaining ingredients and add enough flour to make soft dough. Roll out on floured surface; cut with biscuit cutter. Put filling in center of 1/2 the rounds; top with remaining rounds and press edges with a fork. Bake at 350° for 15 minutes or until lightly brown.

Emma Jane McIntosh

SUGARLESS COOKIES

1/2 c. chopped dates	1 c. water
1/2 c. chopped raisins	1 c. flour (or more, as needed)
1/2 c. chopped apples	
3/4 c. chopped nuts	1/2 c. shortening

2 eggs, beaten	1 tsp. vanilla
3 tsp. liquid sweetener	1 tsp. baking soda

Boil raisins and apples in water 3 minutes. Cool. Add rest and mix well. Refrigerate about 2 hours. Drop on greased cookie sheet and bake 10-20 minutes at 350°.

These may be made without the sweetener and are plenty sweet.

Zona Stout

PEANUT BUTTER FINGERS

1/2 c. soft margarine	1/2 c. brown sugar
1/2 c. sugar	

Cream.

2 eggs	1/2 tsp. baking soda
1/3 c. peanut butter	1/4 tsp. salt
1/2 tsp. vanilla	

Add. Mix until smooth, then add:

1 c. flour	1 c. oatmeal
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Bake at 350° for 20 minutes in a 9 x 13-inch pan.

When you take out of oven, sprinkle with one 6-ounce bag chocolate chips. While they melt, combine:

1/2 c. confectioners sugar	1/4 c. peanut butter 2-4 Tbsp. milk
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Spread on top. Cut into finger-size pieces when cool.

Matthew Stout

CHOC-O-DOT COOKIES

1 pkg. chocolate cake mix	2 eggs
2 Tbsp. water	1 (12 oz.) pkg. chocolate chips
1/2 c. cooking oil	1/2 c. chopped nuts

Blend cake mix, oil, water and eggs. Stir in

chocolate chips and nuts. Drop from a teaspoon onto an ungreased cookie sheet. Bake at 350° for 10-12 minutes.

Edna Donley

BROWNIES

1/2 stick butter or	2 eggs
4 Tbsp.	1 c. nuts
1 tsp. vanilla	1/4 c. cocoa
1 c. sugar	flour

Cream butter thoroughly. Add sugar, vanilla and eggs, mixing well. Next, put cocoa in cup and finish filling with sifted flour. Mix well and add 1 cup nuts.

Bake in an 8 x 8-inch greased and floured pan for 20 minutes at 350°. For moist Brownies, slightly underbake. This recipe may be doubled and baked in a 9 x 13-inch pan.

A thin glaze made of powdered sugar, vanilla, cocoa and milk enhances a moist brownie.

Kay Couch

CARAMEL COCOA BARS

1 stick soft oleo	1 Tbsp. water
1 pkg. German chocolate	12 oz. caramels
cake mix	1/3 c. condensed milk
1/2 c. nuts	1 c. chocolate chips

Melt caramels in condensed milk on low heat. Stir constantly. Keep warm.

In bowl, mix remaining ingredients except chocolate chips. Mix until moist and holds together. Press 1/2 of chocolate mixture in greased 9 x 13-inch pan. Bake 6 minutes at 360°.

Spread chocolate chips on baked mixture. Spread caramel mixture over top. Add 1 or more tablespoons water to remaining mixture and spread over caramel topping. Bake 15 minutes at 360°.

Leda Bechtel

OATMEAL CRISPIES

- | | |
|---------------------------------|--|
| 1 1/2 c. flour (don't sift) | 2 eggs, well beaten |
| 1 tsp. baking soda | 1 tsp. vanilla |
| 1/2 tsp. salt | 3 c. quick-cooking oats |
| 1 c. butter | 1/2 c. chopped nuts |
| 1 c. granulated sugar | chopped dates or raisins (may be used) |
| 1 c. brown sugar, firmly packed | |

Mix together flour, soda and salt. Cream butter thoroughly. Add sugars gradually. Cream until very light. Add eggs and vanilla, mixing well. Add flour mixture, stirring well. Add oats and nuts. Form into 3 rolls, about 2 1/2 inches thick. Wrap in waxed paper. Chill thoroughly 6-8 hours. Slice thin. Bake on greased cookie sheets at 375° for 8-10 minutes. Do not crowd on cookie sheets because these spread while baking. Yields 5-6 dozen.

Kay Couch

CHOCOLATE CHIP COOKIES

- | | |
|---------------------------------|-------------|
| 1 c. lard | 2 eggs |
| 3/4 c. brown sugar | 2 c. flour |
| 3/4 c. sugar | 1 tsp. soda |
| 1 tsp. vanilla | 1 tsp. salt |
| 1/2 tsp. water | 1 c. nuts |
| 1 (12 oz.) pkg. chocolate chips | |

Cream lard and sugar together. Mix in eggs, vanilla and water; blend in flour, soda and salt. Stir in nuts and chocolate chips. Bake at 375° for 8-10 minutes.

Shelly Foster

BANANA OATMEAL COOKIES

- | | |
|-----------------------|----------------------------|
| 1 1/2 c. sifted flour | 3/4 c. shortening |
| 1 c. sugar | 1 egg, well beaten |
| 1/2 tsp. baking soda | 1 c. mashed ripe bananas |
| 1 tsp. salt | (2-3) |
| 1/4 tsp. nutmeg | 1 3/4 c. rolled quick oats |
| 3/4 tsp. cinnamon | 1/2 c. chopped nuts |

Sift together flour, sugar, soda, salt, nutmeg and cinnamon into mixing bowl. Cut in shortening. Add egg, bananas, rolled oats and nuts. Beat until thoroughly blended. Drop by teaspoonfuls about 1 1/2 inches apart onto ungreased cookie pans. Bake in a moderately hot oven (400°) about 15 minutes or until cookies are done. Remove from pans immediately. Makes about 3 1/2 dozen cookies.

Christine Whiteman

COCONUT OATMEAL COOKIES

1 c. white sugar	1 c. coconut
1/2 c. brown sugar	1 1/2 c. flour
1 c. shortening	1/2 tsp. salt
1 egg	1 tsp. baking powder
1 1/2 c. oatmeal	1 tsp. soda
	1 tsp. vanilla

Drop by teaspoonful on cookie sheet and bake at 350° until done, 12-15 minutes. (I use instant oatmeal.)

Gladys Hahn

PUMPKIN DELIGHT

1 small can pumpkin	pumpkin pie spice
1 c. evaporated milk	1 pkg. yellow cake mix
1 c. sugar	1/2-1 c. nuts
3 eggs	1 stick oleo

Beat eggs slightly; add pumpkin, milk, sugar and spices. Pour into buttered 13 x 9-inch cake pan. Sprinkle dry cake mix over this. Drizzle melted oleo over all, then sprinkle with nuts. Bake at 350° about 1 hour. Serve with Cool Whip topping.

Nita McConnell

NEXT-BEST-THING-TO ROBERT REDFORD

1 c. flour	1/2 c. pecans
1/2 c. oleo	

Blend flour and oleo; add pecans and mix. Press into a 9 x 13-inch pan. Bake 15 minutes in a 350° oven. Let cool.

8 oz. cream cheese
1 c. powdered sugar

1 c. Cool Whip

Cream; spread on crust.

1 small pkg. instant
vanilla pudding

1 small pkg. instant
chocolate pudding
3 c. milk

Mix; beat until thick. Pour over first 2 layers. Spread with Cool Whip. Sprinkle with grated Hershey chocolate bar. May keep 2 weeks in icebox.

Celia and Eli Stout

INDOOR S'MORES

2/3 c. light corn syrup
2 Tbsp. oleo
8 c. Golden Grahams
cereal

3 c. miniature marshmallows
1 tsp. vanilla
1 (11 1/2 oz.) pkg.
chocolate chips

Butter a 9 x 13-inch pan. Heat corn syrup, oleo and chocolate chips to boiling in 3-quart saucepan, stirring constantly. Remove from heat. Stir in vanilla. Pour over cereal in large mixing bowl; toss quickly until completely coated with chocolate. Fold in marshmallows, 1 cup at a time. Press mixture evenly in pan with buttered back of spoon. Let stand until firm, at least 1 hour. Cut into about 1 1/2-inch squares. Store loosely covered at room temperature.

Brett Ankrom

HONEYNUTTERS

1 c. peanut butter
(crunchy)
2/3 c. honey
1/2 c. dry milk

16 graham crackers
(2 1/2-inch square
equals 1 cracker)
1 c. coconut

Combine peanut butter, honey and milk; stir. Crush crackers until fine; add to mixture. Roll into balls and then in coconut. Store, covered, in a cool place.

Shirley Douglas

BREAD PUDDING

6 slices bread, trimmed	cinnamon
1/2 c. raisins	nutmeg

Arrange slices of bread in 9-inch square pan to cover bottom of pan, trimming if necessary. Sprinkle with 1/2 raisins, some cinnamon and nutmeg. Add second layer of bread and add remaining raisins; sprinkle with more cinnamon and nutmeg. Add custard, as follows:

4 eggs, beaten slightly	1/4 tsp. nutmeg
2/3 c. sugar	2 2/3 c. scalding hot milk
1/4 tsp. salt	1 tsp. vanilla

Beat together and pour slowly over bread, letting it soak in until all of custard is used. Set pan into larger pan of hot water; place in oven and bake just until custard is set (silver knife inserted into side of filling comes out clean).

Betty Haworth

LEMON SURPRISE

1 c. flour	1 c. Cool Whip
1 stick oleo	1 c. powdered sugar
1 c. chopped pecans	2 pkg. instant lemon
1 (8 oz.) pkg. cream	pudding
cheese	3 c. milk
	2 c. Cool Whip

Melt oleo and mix with flour. Press into a 9 x 13-inch cake pan. Bake at 350° for 15 minutes or until lightly browned. Cool.

Mix softened cream cheese on low speed; add 1 cup Cool Whip and powdered sugar. Mix until smooth. Spread over cooled crust.

Mix lemon pudding with milk; pour over cream cheese mixture and top with Cool Whip. Garnish with chopped pecans.

Carolyn Wilson

LEMON DESSERT

- | | |
|--------------------------|-------------------------|
| 1 c. real cream, whipped | juice of 1 1/2 lemons |
| 3 eggs, well beaten | 1/2 lb. vanilla wafers, |
| 1 c. sugar | crumbled |

Cook sugar, eggs and lemon juice in top of double boiler until thick; let cool and add cream. Put in layer of crumbs in 6 x 8-inch pan (glass). Add lemon mixture; top with few more crumbs and let set overnight. May add a few more whole vanilla wafers around side of pan.

Anna Haworth

BROWN PUDDING

- | | |
|------------------------|------------|
| 1 1/2 c. brown sugar | 2 c. water |
| 1 tablespoonful butter | |

Dissolve all on top of stove.

- | | |
|------------------|-----------------------------|
| 1 c. brown sugar | 1 teaspoonful baking powder |
| 1 Tbsp. butter | 1 3/4 c. flour (or enough |
| 1/2 c. milk | to make a stiff batter) |
| 1 c. raisins | |

Drop by spoonful into hot sugar syrup.

Any dried fruit, especially dates with some nuts, is good.

Mary Jo Wrampe

DIET COOL WHIP DESSERT

- | | |
|---------------------------------------|----------------------------|
| 1 pkg. frozen Cool Whip, | 1/2 c. fruit (strawberries |
| thawed | or blueberries; no juice) |
| 1 c. yogurt (strawberry or blueberry) | |

Mix all ingredients; chill.

Pam Lynch

BEAT 'N EAT FROSTING

- | | |
|----------------------|--------------------------|
| 1 large egg white | 1/4 tsp. cream of tartar |
| 1/4 c. boiling water | 1 tsp. vanilla |
| 3/4 c. sugar | |

Mix all ingredients together and add hot water last. Beat on highest speed of mixer until mixture turns snowy white and holds soft peaks (about 7 minutes).

This will frost a regular 2-layer size cake.

Anna Haworth

CHOCOLATE ICING

1 stick margarine

4 Tbsp. cocoa

6 Tbsp. milk

1 (1 lb.) box powdered
sugar

1 tsp. vanilla extract

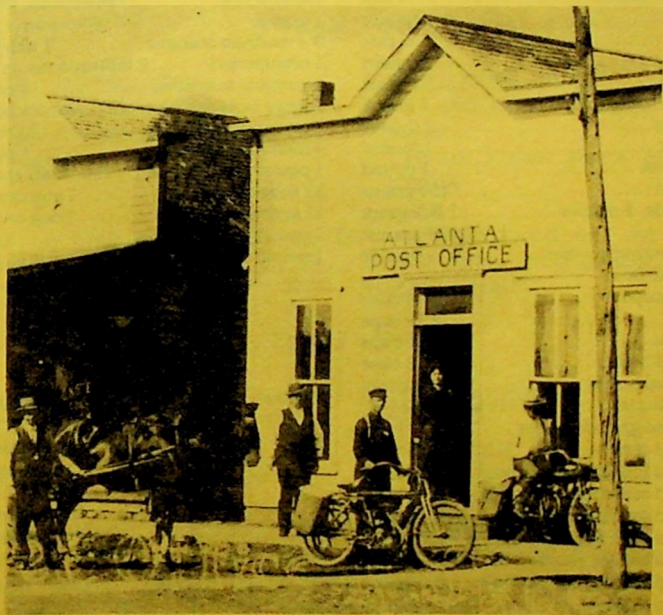
1 c. chopped pecans

Place margarine, cocoa and milk in a saucepan; bring to a boil, being careful not to let it scorch. Then add powdered sugar, vanilla extract and pecans. Spread on hot cake.

Christine Whiteman

**** EXTRA RECIPE ****

Dips, Snacks & Confections



POST OFFICE

The Atlanta Post Office was first opened August 14, 1885. Joseph F. Kidwell was the first postmaster. The building pictured is one of several locations occupied by the post office through the years.

Weights, Measures and Equivalents

EQUIVALENTS

Dash	less than 1/8 teaspoon
A few grains	less than 1/8 teaspoon
1 coffee spoon	1/4 teaspoon
3 teaspoons	1 tablespoon
2 tablespoons	1 liquid ounce
4 tablespoons	1/4 cup
5 tablespoons	1/3 cup
1 1/2 ounce	1 jigger
1/2 jigger	1 pony
16 tablespoons	1 cup
1 cup	1/2 pint
2 cups	1 pint
2 pints	1 quart
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
1 pound	454 grams
2 pounds, 2 ounces	1 Kilogram (1000 grams)
1 cup baking powder	5 1/2 ounces
1 pound flour	
all purpose	4 cups
cake	4 1/2 cups
Graham	3 1/2 cups
1 pound butter	2 cups
1/2 pound butter	2 sticks
1 stick butter	1/2 cup or 8 Tbsps.
1/4 pound grated cheese	1 cup
1 pound cheese	2 1/2 cups
1 pound brown sugar (1 box)	2 1/2 cups
1 pound confectioners (1 box)	2 1/2 cups
1 pound granulated sugar	2 cups
1 pound cube sugar	96-160 cubes
1 pound seeded raisins	2 1/2 cups
1 pound seedless raisins	3 cups
1 pound coffee	5 cups
	yield 40-50 cups of coffee
1 pound rice	2 cups
	yield 3-4 cups cooked rice
1 pound cocoa	4 cups
1 square chocolate	1 ounce
or 3 tablespoons grated chocolate	
1/2 pound	
marshmallows	16 marshmallows
1 pound crab meat	2 cups
1 pound pitted dates	2 cups
1 pound figs (chopped)	3 cups

EQUIVALENTS

1 pound nut meats (chopped)	4 cups
1 cup noodles	1 1/2 cups when cooked
1 egg	1/4 cup
5 eggs	1 cup
9 eggs	1 pound
7-9 egg whites	1 cup
12-14 egg yolks	1 cup
1 lemon, ave. size	3 tablespoons juice
5-8 medium lemons	1 cup
1 lemon rind	1 tablespoon, grated
1 orange	2-3 tablespoons juice
3-4 medium oranges	1 cup juice
1 orange rind	2 tablespoons, grated
4 medium tomatoes	1 pound
3 large bananas (skin on)	1 pound
2 quarts apples	3 pounds
4 medium potatoes	1 pound
1 pound peas, in pod	1 cup when shelled
23 soda crackers	1 cup crumbs
15 graham crackers	1 cup crumbs
1 pound cornmeal	3 cups
1 pound cornstarch	3 cups

A MINERAL PRIMER

Mineral	Use	Best Sources
Iron	For healthy red blood cells.	Dried Fruits, liver, lean peas or beans, green vegetables, molasses, eggs.
Calcium	For strong bones and teeth	Cheese, milk, leafy greens
Phosphorus	For development of healthy bones and teeth.	Cereals, cheese, eggs, milk, meat, fish, dried peas or beans.

DIPS, SNACKS & CONFECTIONS

CHEESE DIP

1 can Campbell's cream of Cheddar cheese soup	1/8 tsp. garlic powder 1/8 tsp. onion salt
1/2 can milk	2 Tbsp. tomato sauce jalapeno peppers to taste

Mix ingredients together; heat through and serve with raw vegetables, crackers, chips, etc.

Jennifer Haggard

BEAN DIP

2 lb. hamburger, browned	1 pkg. chili mix
2 lb. Velveeta cheese (small cubes)	1 (13 oz.) can evaporated milk
	1 (16 oz.) can pork and beans

Put all ingredients in crock-pot and set on medium until cheese melts. Great with taco chips.

Peggy Stout

TACO DIP

1 avocado	green pepper
8 oz. cream cheese	tomatoes
1 c. sour cream	lettuce, cut fine
green onion, chopped	grated Cheddar cheese

Mash avocado; add cream cheese and sour cream. Mix until smooth. Pour into glass 9 x 13-inch dish. Layer in order: onion, green pepper, tomatoes, lettuce and cheese. Serve with tortilla chips.

Michielle Chilcott

VEGETABLE DIP

16 oz. sour cream	2 Tbsp. dill weed
1 1/2 c. real mayonnaise	2 Tbsp. parsley flakes
2 tsp. Accent	2 Tbsp. onion flakes

Mix all ingredients together and chill 2 hours before serving.

This dip is super with raw vegetables such as cauliflower, broccoli, celery, cucumbers, carrots and bell peppers. Also, can serve with crackers or chips.

Carolyn Wilson

APPLE BUTTER

10 c. applesauce	1/2 tsp. anise extract
5 c. sugar	1 tsp. lemon juice
1 stick cinnamon	salt

Put in slow cooker on high; stir occasionally. Leave lid off.

To check, pour out on saucer. If any water runs, cook longer.

Charlene Davis

SEASONING SALT

1 c. pickling salt	1 1/2 tsp. garlic powder
or any coarse salt	1 tsp. dried thyme,
2 1/2 tsp. paprika	crushed, or powder
2 tsp. dry mustard	1 tsp. curry powder
1 1/2 tsp. dried	1/4 tsp. dried dill weed
oregano, crushed, or powder	

Combine above ingredients. Mix thoroughly. Package in airtight containers. Raw rice can be added to container to keep salt free-flowing.

This is delicious on almost any meat, vegetable or salad and makes a nice gift packaged in a fancy container.

Judy Haggard

CANDIED POPCORN

1/2 c. brown sugar	1/2 tsp. salt
1/2 c. dark corn syrup	6 c. popped corn
1/4 c. oleo	

Preheat oven to 325°. Butter a jelly roll pan.

Heat sugar, syrup, butter and salt until sugar dissolves; cook 5 minutes. Remove from heat; stir in

corn. Spread on jelly roll pan. Bake 15 minutes.
Cool 10 minutes.

Ranae and Crystal Nelson

MICROWAVE CARAMEL POPCORN

8 c. popped popcorn (1/2 c. unpopped)	2 Tbsp. syrup
1/2 c. brown sugar	1/4 tsp. salt
1/4 c. oleo	1/4 tsp. soda
	1/4 tsp. vanilla

Put popcorn equally in 2 bowls. Set aside.
Put in 1-quart container brown sugar, oleo, syrup
and salt. Microwave 1 1/2 minutes; stir. Microwave
for 2 more minutes, stirring at 1 minute. Add the
soda and vanilla. Stir. Divide mixture over 2 bowls
of popcorn. Stir. Microwave 2 minutes, stirring at
1 minute.

Tina Chilcott

NO-COOK FUDGE

1 can Eagle Brand milk (or make your own with recipe that follows)	1 (12 oz.) pkg. chocolate chips
--	------------------------------------

Melt chips in the Eagle Brand milk in pan on
stove or in microwave. Remove from heat; add:

1 tsp. vanilla	1 c. nuts
----------------	-----------

Pour into greased 8-inch square dish. Cut
when cool.

Eagle Brand Milk (to make your own):

1 c. powdered milk	1/3 c. boiling water
3/4 c. sugar	3 Tbsp. melted oleo

Combine the above in the blender; blend until
smooth, then use as 1 can Eagle Brand milk.

Betty Ankrom

PENUCHE

- | | |
|---------------------------|----------------|
| 3 c. sugar | 1 tsp. vanilla |
| 1 c. cream or canned milk | 1 c. nuts |

Brown 1 cup sugar. Combine the remaining 2 cups sugar with cream. Bring to a boil; pour browned sugar into pan without breaking the boil. Cook 4 minutes until forms a soft ball. Remove from heat. Add vanilla and nuts. Pour into greased 8-inch square baking dish. Cut when cool.

Edna Hollingsworth

MILLION DOLLAR FUDGE

- | | |
|--|---|
| 2 c. chocolate chips
(12 oz.) | 1 2/3 c. marshmallow
cream (one 7 oz. jar) |
| 1 (8 oz.) or 2 (4 oz.)
milk chocolate bars,
broken into pieces | 4 c. granulated sugar |
| 1 2/3 c. evaporated
milk (one 13 oz. can) | 1 Tbsp. butter or oleo |
| | 1 tsp. vanilla |
| | 1 2/3 c. chopped pecans
or walnuts |

Combine chips and chocolate bars in a large mixing bowl; set aside.

Combine evaporated milk, marshmallow cream, sugar and butter in heavy 4-quart saucepan. Cook over medium heat, stirring constantly, until mixture comes to a full, rolling boil; boil and stir 8 minutes. Remove from heat and immediately add to chocolate in mixing bowl, beating until completely melted. Blend in vanilla and nuts. Pour mixture into buttered 9-inch square or 13 x 9 x 2-inch oblong pan. Cool.

Marjorie Martin Ruggles

PEANUT BRITTLE

- | | |
|-------------------------------------|--------------------|
| 2 c. sugar | 1/8 tsp. salt |
| 1/2 c. water | 1 tsp. baking soda |
| 1 c. light corn syrup | 1 tsp. vanilla |
| 10 oz. fresh raw
Spanish peanuts | 1 Tbsp. butter |

Combine sugar, water and syrup in large, heavy frying pan. Place over medium heat and stir

until sugar dissolves. Cover and cook for 3 minutes. Remove cover and cook to soft-ball stage (234°). Remove from heat. Add remaining ingredients. Stir until well blended. Spread on a well-buttered 14 1/2 x 17-inch cookie sheet. As candy cools, loosen edges of brittle on all 4 sides of cookie sheet. Lift up and pull edges gently to stretch candy as thin as possible. Break or cut off thin portion. Repeat process until all of candy has pulled or stretched. Break into irregular pieces after it is cold.

Dorothy Donley

DIET FINGER JELLO

2 pkg. sugar-free jello (any flavor)	2 pkg. Knox gelatine 2 c. boiling water
---	--

Mix jello and Knox gelatine together. Add boiling water; stir until dissolved. Pour in cake pan; chill until firm. Cut into squares.

Pam Lynch

JIMMY CARTER'S PEANUT BRITTLE

3 c. sugar	2 tsp. soda
1 1/2 c. water	1/2 stick oleo
1 c. white corn syrup	1 tsp. vanilla
3 c. raw peanuts	

Boil sugar, water and syrup until it spins a thread or soft-ball stage. Add peanuts and stir continuously until syrup turns golden brown or 300° on thermometer. Remove from heat; add remaining ingredients. Stir until oleo melts. Pour on 2 greased cookie sheets (with sides). As mixture begins to harden around edges, put out on bread board or countertop, sprayed with Pam, and pull until thin. Very good.

Irene Smalley

OLD-FASHIONED CHOCOLATE CANDY

2/3 c. cocoa	4 Tbsp. butter
3 c. sugar	1 tsp. vanilla
1 1/2 c. milk	dash of salt

Combine cocoa, sugar, milk and salt; boil until soft-ball stage. Add butter and vanilla; beat until it becomes glossy and starts to get thick. Pour into buttered plate. Add nuts, if desired.

R. Lynch

PECAN PRALINES

2 1/2 c. sugar	1 tsp. vanilla
1 c. buttermilk	2 c. pecans
1/4 tsp. salt	1 tsp. soda
1/4 c. oleo	

Cook 5 main ingredients until forms a hard ball, then add vanilla, pecans and soda. Dip out on waxed paper by teaspoon.

Charlene Davis

MOUNDS BARS

2 1/2 c. coconut	3 sq. chocolate almond
3/4 c. corn syrup	bark

Mix well and refrigerate overnight in airtight container. Next day, form into balls the size of walnuts.

Melt almond bark; roll balls until coated. Place on waxed paper until coating is set.

Betty Ankrom

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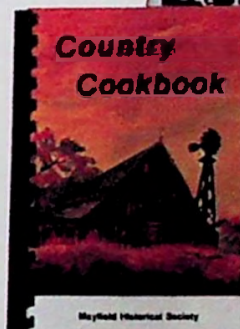
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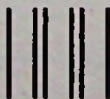
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TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.

ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold.

BATTER — A mixture of flour or liquid that can be beaten or stirred.

BISQUE — A rich thick cream soup made from fish.

BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

BOUILLABAISE — A chowder made from several varieties of fish and wine.

BOUILLON — Clear soup made from lean beef.

BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

CIDER — The juice from pressed apples used as a beverage or to make vinegar.

CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.

COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.

CRACKLINGS — Crisp particles left after fat has been fried out.

CROQUETTES — Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

DOUGH — A mixture of flour, liquid that is stiff enough to be kneaded.

DRIPPINGS — Liquids resulting from meat being cooked.

ENTREE — A dish served between the chief courses, before the roast.

FONDUE — A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fish covered with butter then fried in deep fat.

FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.

GIBLETS — The liver, gizzard or heart of poultry.

HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.

INFUSION — Liquid taken from tea, herbs or coffee.

JULIENNE — Food cut into very thin strips.

MACEDOINE — A mixture of fruits or vegetables.

MARINATE — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.

MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.

BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.

BREW — To cook in hot liquid until flavor is extracted.

BROIL — To cook by exposing the food directly to the heat.

BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

COAT SPOON — When a mixture forms a thin even film on the spoon.

CODDLE — To cook slowly and gently in a liquid just below the boiling point.

CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.

CUBE — To cut in even sliced pieces.

CUT — To divide foods with a knife or scissors.

DICE — To cut into small cubes.

DISSOLVE — To pass into solution.

FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

Your Daily Nutrients

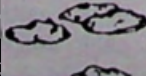
FOOD	AVERAGE ADULT	AVERAGE CHILD
Meat or fish	1 or more servings of wide variety. Liver once a week.	Same as Adult
Milk	1 pint.	1 quart
Eggs	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
Vegetables	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
Fruits	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
Breads and Cereals	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
Butter or vitamin fortified	2 tablespoons	2-3 tablespoons

A VITAMIN PRIMER

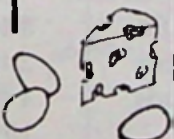
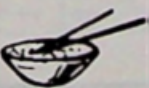
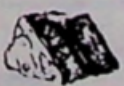
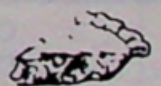
Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy green, milk.

Helpful Cooking Hints

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
MEATS CASSEROLES	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
POULTRY SEAFOOD	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes Chicken salad
PICKLES PRESERVES	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
EGGS AND CHEESE	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
RICE NOODLES SPAGHETTI	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
SOUPS SALADS SAUCES	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
PIES BREADS CAKES				White bread dough	

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	Ginger	Marjoram	Oregano	Sage	Tarragon
When You Fix: ↓	Aromatic, pungent root with warm flavor—sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats Casseroles	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
Poultry Seafood		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
Vegetables Pickles Preserves	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
Eggs And Cheese		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
Rice Spaghetti Noodles		Spaghetti sauce	Spaghetti with meat sauce Pizza		
Soups Salads Sauces	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspies
Breads Pie Cakes	Cakes Soft cookies and crisp snaps Pie crust and filling				

Helpful Cooking Hints

MEATS, POULTRY, AND SEAFOOD

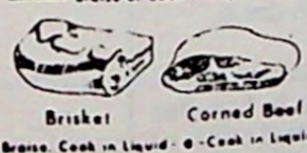
Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S. Department of Agriculture cutting chart, but also the proper amount of meat to serve.

HOW MUCH TO BUY

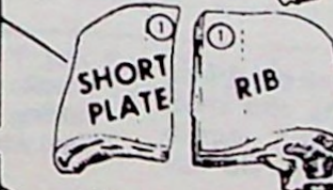
MEAT		WEIGHT OR MEASURE	NO. OF SERVINGS
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to two
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	Chicken		
	Fryers	2 ½ to 3 ½ pounds	3 to 5
	Broilers	1 to 2 ½ pounds	2 to 3
	Roasters	2 ¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART

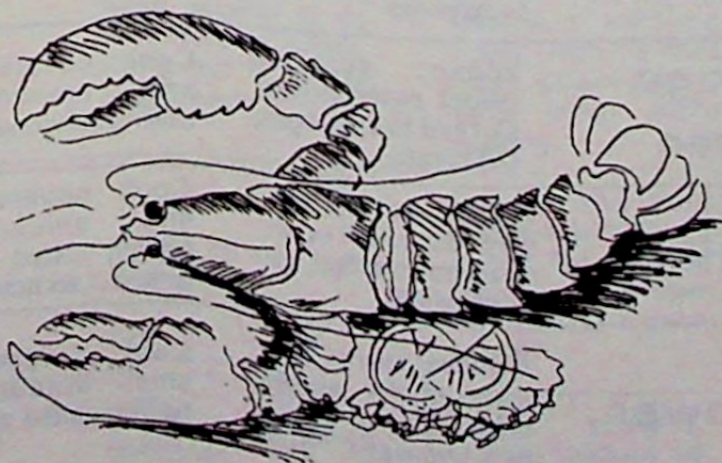
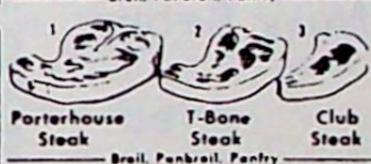
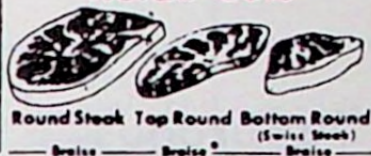
Retail Cuts



Wholesale Cuts



Retail Cuts



Helpful Cooking Hints

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
<i>Asparagus</i>	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook covered in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
<i>Beans, green or wax</i>	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
<i>Navy Beans, dried</i>	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 ½ hours
<i>Beets</i>	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
<i>Broccoli</i>	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 min. Total
<i>Brussels Sprouts</i>	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling salted water.	10-15 mins.
<i>Cabbage, green</i>	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
<i>Carrots</i>	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
<i>Cauliflower</i>	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

Helpful Cooking Hints

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
<i>Celery</i>	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
<i>Corn</i>	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
<i>Eggplant</i>	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
<i>Mushrooms</i>	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
<i>Okra</i>	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
<i>Parsnips</i>	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
<i>Peas, Green</i>	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
<i>Spinach</i>	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
<i>Zucchini</i>	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total
<i>Tomatoes</i>	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.

Helpful Cooking Hints

Calorie Counter

CANDIES, SNACKS AND NUTS

Calories

Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:

Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145

Pudding:

Bread Pudding	1/2 cup	150
Flavored Puddings	1/2 cup	140

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

Calorie Counter

BREADS AND FLOUR FOODS

Calories

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	1/2 cup	110

Pies:

Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280
Pumpkin	1 piece	265
Rhubarb	1 piece	265

Ice Cream:

Chocolate Ice Cream	1/2 cup	200
Vanilla Ice Cream	1/2 cup	150

Miscellaneous:

Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	1/2 cup	78

FISH AND FOWL:

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

Calorie Counter

Calories

FRUITS

Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/-unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3 ½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3 ½ ounces	340
Pot Roast (round)	3 ½ ounces	200
Rib Roast	3 ½ ounces	260
Rump Roast	3 ½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3 ½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dress.)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Quantity Cooking

Food

25 Servings

100 Servings

Meat, Poultry or Fish

Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs.	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.

Sandwiches

Bread	50 slices	200 slices
Butter	½ lb	1 ½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 ½ qts.	5 to 6 qts.
Lettuce	1 ½ heads	5 to 6 heads

Salads, Casseroles

Potato Salad	4 ¼ qts.	4½gals.
Scalloped Potatoes	4 ½ qts.	17 qts.
Spaghetti	1 ¼ gals.	5 gal.
Baked Beans	¾ gals.	2 ½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads

Vegetables

Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz pkgs
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs

FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½ - 3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾ - 1 pound
Grain products -		
Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5 - 7 pounds
Potatoes	1-1½ pounds	2 - 3 pounds
Sugars and sweets	½-1 pound	1 - 1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) 2 tablespoons flour
 1 cup sifted cake flour 1 cup minus 2 tablespoons sifted all-purpose flour.

1 cup sour milk 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.

1 square chocolate (1 ounce) 3 or 4 tablespoons cocoa plus 1 / 2 tablespoon fat.

1 cup sifted all-purpose flour 1 cup plus 2 tablespoons sifted cake flour.

1 cup sweet milk 1 cup sour milk or buttermilk plus 1 / 2 teaspoon baking soda.

1 cup cream, sour, thin 3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.

1 whole egg 2 egg yolks for custards.

1 cup molasses 1 cup honey.

1 package active dry yeast 1 cake compressed yeast.

1 tablespoon instant minced onion, dehydrated 1 small fresh onion.

1 tablespoon prepared mustard 1 teaspoon dry mustard.



Favorite Recipes



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